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Cheyenne & Arapaho TRIBAL TRIBUNE

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Wind energy, the future

By Rosemary Stephens, Editor-in-Chief

Photo by Rosemary Stephens

Monique LaChappa, Campo Kumeyaay Nation Chairwoman, speaks at the Cheyenne and Arapaho tribes' wind energy conference.

As one travels across Oklahoma they will see, along the horizon, giant wind turbines springing up everywhere. These turbines represent wind energy and the way of the future.

For many Native American tribes in Oklahoma it is an investment into their futures.

"During my time as the former chief of the Cherokee Nation my focus for tribes has been business and economic development because this is the way for us to pull ourselves out of poverty and quit relying on the Federal government … ensuring our sovereignty," Ross Swimmer, Cherokee Nation, former chief said. "Wind is an asset and will be a way for tribes to accomplish their goals."

The Cheyenne and Arapaho tribes' Energy Conservation program hosted a wind energy conference Oct. 21, 2010 at the Canadian Valley Vo-Tech in El Reno, Okla. Among the guest speakers were Swimmer, Tony Jimenez, National Renewable Energy Laboratory representative and Monique LaChappa, chairwoman of the Campo Kumeyaay Nation in Calif.

"We have a huge area for a wind energy farm, 12,000 plus acres and I see this as an important investment for our tribes," Melvin RomanNose, energy conservation program, coordinator said.

The Campo tribe, located east of San Diego, Calif., is the first tribe to operate their own renewable energy wind farm plant on Indian land.

"There are always certain risks with any business ownership but the difference between leasing our land for wind energy and actually owning our own wind energy farm was staggering," LaChappa said.

The Campo tribe's first hand experience with leasing land for wind energy turbines versus owning a wind energy farm is a model for other tribes to learn from.

"We made mistakes along the way … the biggest mistake was in leasing our land instead of owning our own wind energy farm," LaChappa said. "Why shouldn't we get all that money, it's our land, it's our right and we are talking millions and millions of dollars coming into our tribe and for our tribal members from the wind energy farm."

LaChappa said one example of the benefits they are receiving was the saving of $42,000 - $62,000 per month for their casino's electricity bill.

"Just that savings alone that we can generate back into education and health for our tribal members is substantial," LaChappa said.

Currently the Cheyenne and Arapaho tribes' have taken steps to begin the process of owning their own wind energy farm. The National Renewable Energy Laboratory based out of Colorado has completed a wind study with the next step being an environmental study of the land.

"The Cheyenne and Arapaho tribes are so ahead of the game … you have access to a grid and you have excellent wind study results from Tony," Swimmer said. "If I was in your shoes I would be pursuing this investment 100 percent."

For more information about the wind energy development and project contact RomanNose at (405) 422-7404.

Photo by Rebecka Lyman

Cheyenne and Arapaho tribes' Gov. Janice Boswell speaks to tribal members and guests during the Comprehensive Economic Development symposium.

A roadmap to diversify, strengthen the tribes

By Rebecka Lyman, Reporter/Ad Sales

"We have to be smart about our planning."

Those were the opening remarks from Carolyn Washee-Freeland, CWF Planning Services, LLC at the Comprehensive Economic Development Symposium (CEDS) hosted by Cheyenne and Arapaho tribes' Gov. Janice Boswell.

The symposium was a two-day event starting Friday, Oct. 22, 2010 held at the Cheyenne and Arapaho tribes' education building in El Reno, Okla.

"Having this strategic planning meeting is very important so that we can move our tribe forward," Boswell said.

The CEDS is a grant provided by the Economic Development Administration (EDA) that will support projects that are in the planning stages. The CEDS will analyze the tribes' economy and serve as a guide for establishing goals and objectives, developing and implementing a plan of action and identify investment priorities and funding sources for the Cheyenne and Arapaho tribes.

*See **Roadmap**, page 5*

Cheyenne and Arapaho Tribes make history in Oklahoma

Launching the first Tribal Educational Television Station

Concho, Okla.- Oklahoma is known as Native America and now the Cheyenne and Arapaho tribes have the opportunity to educate and preserve their cultural heritage via the airways.

The Cheyenne and Arapaho tribes were recently awarded a substantial grant from the United States Department of Commerce (USDC). The National Telecommunications and Information Administration (NTIA) awarded the funds under the Public Telecommunications Facilities program. This grant will enable the Cheyenne and Arapaho tribes to assemble a digital low-power television station in Concho, Okla. and will serve approximately 39,000 people.

"This educational television station will enhance efforts to promote education and preserve the history, language and culture of our tribes," said Janice Prairie Chief-Boswell, Cheyenne and Arapaho tribes' Governor. "We are delighted to have the opportunity to develop an educational system that will strengthen the vision of the tribes."

Teresa Dorsett, Cheyenne and Arapaho tribes' education executive director said the possibilities are endless.

"The preservation of our tribal languages has been challenging to say the least and to have the opportunity to use this form of mass communication to not only educate tribal members but residents of Western Oklahoma on Cheyenne and Arapaho culture and history is long overdue," Dorsett said.

The Cheyenne and Arapaho tribes' department of education and its media production studio were instrumental in obtaining the grant. Billy Williamson, media production manager, also gives credit to Rep. Mary Fallin and Jim Gale, chief engineer for PBS affiliate KNME in Albuquerque, N.M.

"Most recognize that new language has emerged in the world, one that has grown to reach all nations with equal effect and understanding," Williamson said. "It is the language of mass communications and mass media has become the second language of our children."

The construction of the television station will launch in 2011 and is expected to air later in the year or early 2012.

For more information on the Cheyenne and Arapaho tribes visit www.c-a-tribes.org.

A young shortstop with super speed

By Rebecka Lyman Reporter/Ad Sales

She is clever in the classroom and slick on the field.

Kecia Sharp a Cheyenne and Arapaho tribal member and a new student at Mount St. Mary's Catholic School in Oklahoma City is the starting shortstop on the Mount St. Mary's softball team called the Rockets.

Second base was the position she played prior to becoming a student at Mount St. Mary's but Coach Daryl Reynolds decided to put her in as shortstop. He said it was due to her dynamic agility and swift speed.

"She is slick on the field," Reynolds said.

Sharp and her teammates won their championship game against Washington during the state softball playoffs at the Amateur Softball Association (ASA) Hall of Fame stadium in Oklahoma City on Saturday, Oct. 9, 2010. This landed them the 3-A State title. The score was 5-1 and the Rockets only allowed two runs throughout the State tournament.

"On the field as well as off Kecia is a very humble girl," Jonathon Sharp, Kecia's father said. "She may be quiet but her ability to make plays and her speed make up for her quietness."

Sharp maintains a 4.0 grade point average and has been involved with several community activities such as Birth Choice and Feed the Children. She also volunteers at the Second Chance Animal Shelter in Norman, Okla. She is an active member of St. James Catholic Church in Oklahoma City and is always participating in church functions.

Her mother, Stacia Sharp, suggested she should play softball since Sharp's grandfather, Thurman Welbourne and her uncles Rick and Charlie Welbourne were all first class softball players. Sharp has been playing softball since she was 6 years old. She has won two National Championships in competitive fast pitch and one class 3A State title with Mount St Mary's. She also plays with the Oklahoma Original Ultimate 18U Gold team out of Oklahoma City as her summer travel team.

Kecia Sharp is the starting shortstop for Mount St. Mary's Catholic School in Oklahoma City.

Courtesy photo

She lets her feet do the talking by running from home to first in 2.8 seconds. Her super speed comes in handy with her fierce left-handed slap hitting skills. She throws the ball right handed and bats with both right and left hands, but mostly left. She is known as a triple threat athlete for her ability to slap, bunt and power hit from both sides of the plate. Sharp's dreams are to be a pharmacist and play Division I softball in college. Arizona is her favorite college team and she hopes to one day play for them.

"I give thanks to my parents for all their support and helping me to succeed in all I do," Sharp said.

Female football players break barriers

By Rosemary Stephens, Editor-in-Chief

Photos by Rosemary Stephens

Kayla Rouillard (l) and Tori Buckman (r) play football for the Riverside Indian School Braves in Anadarko, Okla.

The crowd cheers as the Riverside Indian School Braves trot onto the football field in Anadarko, Okla. on a cool October evening.

Friday night high school football is a weekly event in Oklahoma and nothing unusual. What is unusual about the Braves football team are two of their players, Kayla Rouillard, senior and Tori Buckman, junior.

"If the girls are good enough to help us win games and can take the workouts and discipline it takes to be a football player, they will play," James Sutteer, head football coach said. "They do everything the boys do and Kayla is the first girl I have had to make it through a whole season last year and again this year."

Rouillard, a wide receiver and defensive back, said it was something different and never thought she would play football.

"I didn't want to play basketball and our volleyball team got cut last year so I thought why not try out for football," Rouillard said. "I knew coach Sutteer didn't cut anyone who wanted to play and he was my Biology II teacher, so I knew he was a good teacher and I figured he was a good coach … which he is."

Rouillard said the guys all thought she would quit and some of them were afraid to hit her in practice.

"The guys thought I would start to cry if they hit me, but I never did. The first time I got laid out was when I was playing on scout team D as free safety and everyone thought for sure I would get up and quit, but I didn't," Rouillard said.

She said the whole experience has been a challenge.

"The conditioning and lifting weights, all of it, has been such a great experience. I also power lift and I remember the first time all the guys were staring at me and pointing asking, is that a girl …" Rouillard laughingly said. "They all wanted to take my picture and after I dead lifted 285 lbs. they were just amazed. Now I have a sort of following of supporters from those same guys."

Buckman, also a wide receiver and defensive back, has watched Rouillard make the team and go through the season last year.

"I saw Kayla make it through the whole season and I

*See **Female footbal players**, page 4*

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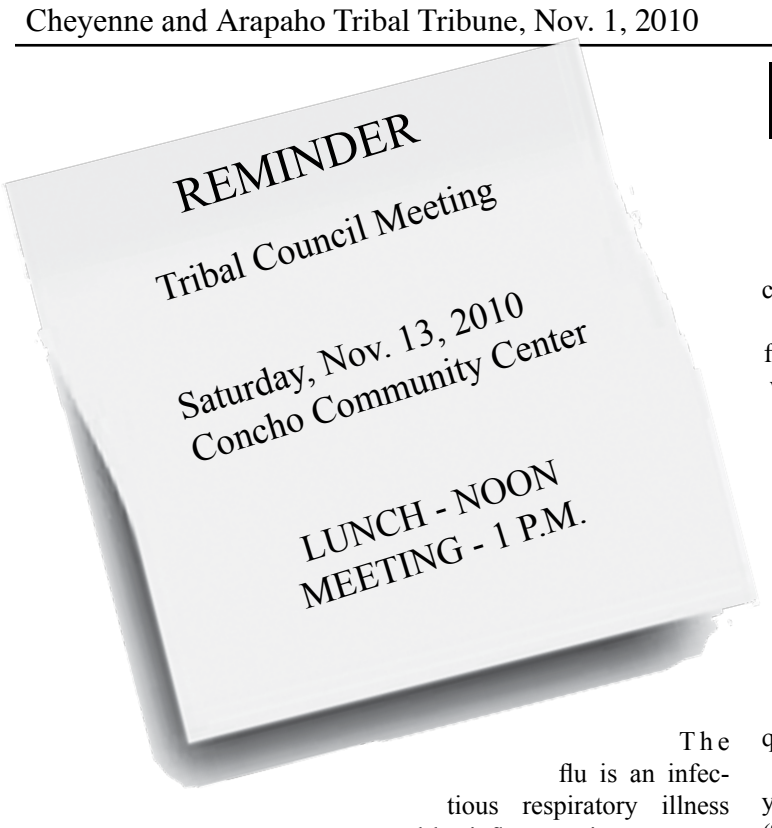


It's flu season

Submitted by Mary Beth Wrenn, RN
Director, Public Health Nursing, Clinton Service Unit

The flu is an infectious respiratory illness caused by influenza viruses. It can be mild or severe. It is sometimes so severe that it leads to death. The best way to prevent the flu is by getting a flu vaccine each year.

You may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick. Most healthy adults can infect others beginning one day before they have symptoms and up to seven days after they get sick. Some people, such as children and people with weak immune systems, may be able to infect others for an even longer time.

Complications of flu can include pneumonia, ear infections, sinus infections, dehydration and making chronic medical conditions (such as congestive heart failure, asthma, or diabetes) worse.

The single best way to prevent the flu is to get a flu vaccine each season. There are two types of flu vaccines:

The "flu shot", a killed virus vaccine that is given with a needle. The seasonal flu shot is approved for use in people six months of age and older, including healthy people, people with chronic medical conditions and pregnant women.

The nasal spray flu vaccine, a vaccine made with live, weakened flu viruses is approved for use in healthy people 2-49 years of age who are not pregnant.

These vaccines cannot give you the flu because they are made from killed or weakened flu viruses.

Once vaccinated, the body needs two weeks to build protection against the flu. Most people generally do not have any side effects after getting a flu vaccine. When side effects do occur, they are generally mild. People getting the "shot" may have redness and soreness at the injection site. People getting the nasal-spray vaccine may get a sore throat, runny nose or fever. Headache or body aches after vaccination occurs rarely. While these symptoms can be uncomfortable, they are mild and go away quickly compared to a bad case of the flu.

The seasonal flu vaccine protects against three flu viruses each year. The 2010-2011 flu vaccine will protect against 2009 H1N1 ("Swine Flu") that caused so much illness last year. It will also protect against two other flu viruses (an H3N2 virus and an influenza B virus). Only one flu vaccine is being made this year. Adults will only need one vaccination. Some children aged 6 months through 8 years of age will need two doses.

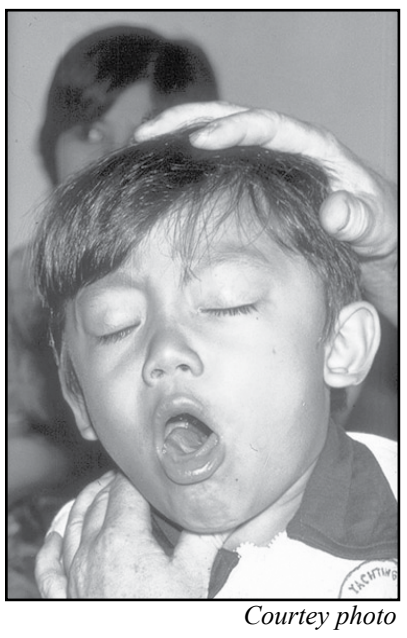
Flu vaccines are available now! If you are eligible for IHS services, contact your nearest IHS facility for when and where you can get the vaccine. Vaccine is also available at your local County Health Department, through your private physician and at many retail pharmacies.

Remember:

All people six months and older should receive the annual flu vaccine to protect themselves and their loved ones. All adults and most children need only one dose of flu vaccine this year, but some children will need two doses. Children under six months of age are particularly vulnerable to the flu, but are too young to get the vaccination, so it is very important that those around them are protected.

Whooping Cough

Submitted by Mary Beth Wrenn, RN
Director, Public Health Nursing, Clinton Service Unit


Courtey photo

Whooping cough (also known as pertussis), has caused the death of ten infants this year in California according to the Centers for Disease Control (CDC).

All of the deaths were infants less than 3 months old. Nine were less than 8 weeks old, too young to have been vaccinated against this highly contagious disease.

Pertussis (whooping cough) is very contagious and can cause serious illness. If you have ever seen a child with whooping cough, you will never forget it. It is still a fairly common disease in the U. S. To protect our children we need to make sure that infants and young children get their shots on time. Adolescent and adult vaccination is also important, especially for families with new infants.

People with pertussis spread the disease to other people by coughing or sneezing. Many infants who get pertussis get it from their parents, older children or other caregivers who might not even know they have the disease.

The best way to prevent pertussis is to get vaccinated. In the U. S., the pertussis vaccine for children is called DTaP. This is a safe and effective vaccine that protects children against three diseases: diphtheria, tetanus, and pertussis. For best protection, children need five DTaP shots. The first three shots are given at 2, 4, and 6 months of age. The fourth shot is given between 15 and 18 months of age. A fifth shot is given when a child enters school, at 4–6 years of age. Parents can also help protect infants by keeping them away from anyone who has cold symptoms or is coughing.

Vaccine protection for pertussis, tetanus, and diphtheria can fade with time.

Pre-teens going to the doctor for their regular check-up at age 11 or 12 years should get a dose of Tdap. (Tdap protects against tetanus, diphtheria, and pertussis.) If teenagers (13 through 18 years) missed getting the Tdap vaccine, parents should ask the doctor about getting it now.

Getting vaccinated with Tdap is especially important for adults who are around infants.

Getting vaccinated with Tdap is especially important for families with new infants. Most women giving birth should get a dose of Tdap before leaving the hospital with the new baby.

Adults are strongly encouraged to get one dose of Tdap instead of their next regular tetanus booster. (That "tetanus shot" that we should all get every ten years.) The dose of Tdap can be given earlier than the ten year mark, so it's a good idea for adults to talk to a healthcare provider about what's best to protect them and their loved ones.

Clinton Service Unit: Contract Health Update

The Contract Health Services (CHS) Department at the Clinton Indian Health Service Unit is committed to helping you better understand the Contract Health System. What it means, how to obtain services and what are your responsibilities. Here is some information about what you need to do in the event of a visit to the Emergency Room (ER).

72 HOUR NOTIFICATION FOR ER SERVICES

I went to the Emergency Room. They discharged me, but scheduled an appointment. Can you help me pay? No, not without prior approval from Indian Health Services.

I was seen in the ER, what do I need to do next? It is your responsibility for you or your representative (relative or friend) to call CHS if you are seeking their assistance to pay for the ER visit.

How long do I have to call? You must call within 72 hours.

What does CHS need? You must provide all the details of the visit (facility, patient name, DOB, name of physician, etc...). CHS is not responsible for obtaining this information; it is the patient's responsibility.

Will I be guaranteed payment? No, a 72 hour call-in does not automatically approve the services for payment. The medical records will be reviewed by the CHS review committee. If approved, payment will be issued. If denied, a denial will be issued and payment of the bill will be the responsibility of the patient.

I have not used IHS services in over a year and/or do not have a chart what do I do? You have five days from the date of service in the ER to establish your eligibility by either updating or creating a chart. Failure to do so will result in an automatic denial of payment.

For more information about eligibility and documentation requirements, contact the Clinton Service Unit Contract Health Services at (866) 438-1284.

The Domestic Violence program services Canadian, Kingfisher, Blaine, Dewey, Custer, Washita, Beckham and Roger Mills counties.

Women Are Sacred

The Cheyenne and Arapaho tribes Domestic Violence Program provides

Counseling for Native American women, including the elderly, who have been involved in domestic abuse, sexual assault or stalking.

Advocacy in obtaining victim's protective orders and referrals to agencies that may be of assistance to them.

Support for clients and their families while in crisis.

For more information or help call (405) 422-7692-office or toll free (800) 247-0345 ext. 27692

This project is supported by Grant No.2209-TW-AX-0039 awarded by the Office on Violence Against Women, U.S. Department of Justice

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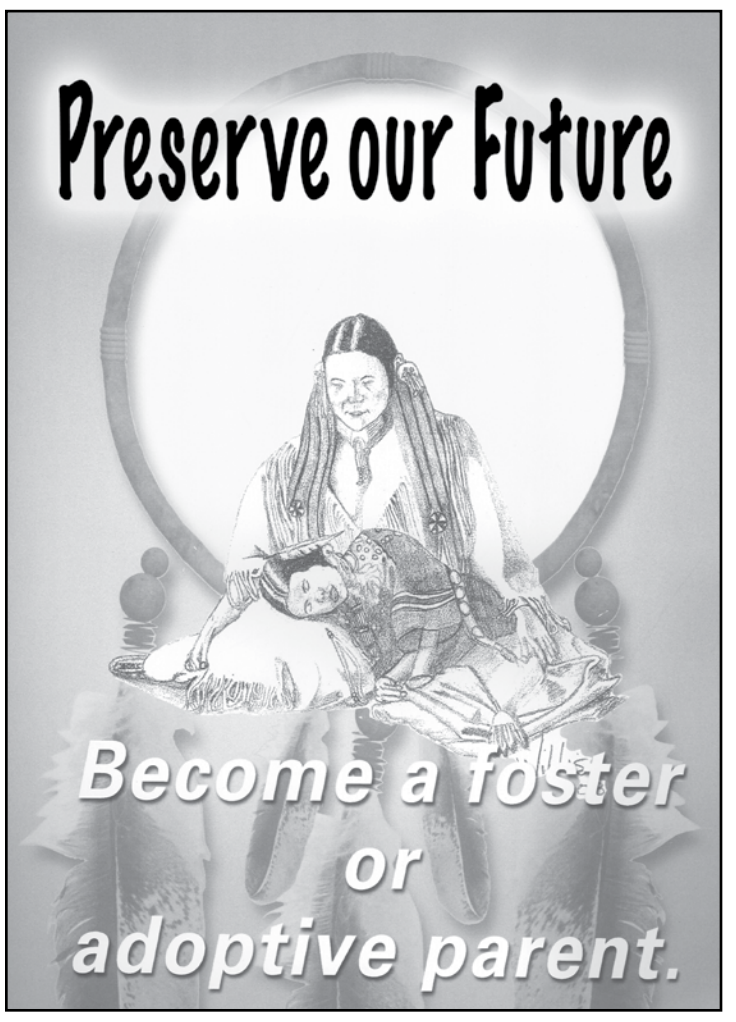

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Tribal Tidbits

Photos by Rachel Curtis

A workshop hosted by the Cheyenne and Arapaho tribes' tribal historic preservation office and the Culture and Heritage program was held on Oct. 13-14, 2010 at the Canadian Valley Vo-Tech in El Reno, Okla.

The workshop was held to educate tribal leaders, commissioners, directors, etc. about the environmental and cultural resource coordination of the National Environmental Policy Act (NEPA), National Historic Preservation Act (NHPA), National American Graves Protection and Repatriation Act (NAGPRA).

Submitted photos

The children, parents and staff from the Cheyenne and Arapaho tribes' head start program in Clinton, Okla. enjoyed taking a tractor ride at the pumpkin patch at PBar Corn Maize in Weatherford, Okla. The children selected a pumpkin of their choice to take home with them.

The children also take pleasure playing outdoors with their classmates while at school. The indoor activities, such as writing letters from the alphabet, also helps with motor skills for the students.

Photos by Rebecka Lyman

A birthday celebration for Cheyenne and Arapaho tribes' Gov. Janice Boswell was held on Oct. 22, 2010 at the Concho Community building in Concho, Okla.

Tribal employees, friends and relatives enjoyed a luncheon and birthday cake in honor of her birthday.

Female football players

continued from page 2

thought if she could do it, I could too," Buckman said. "Houston, our quarterback first suggested I try it and I looked up to Kayla … she was kind of like my inspiration."

Buckman said she wanted to see if she could do it, push herself to stick it out and to finish what she started.

Rouillard and Buckman have had to face many challenges playing football. Families who don't understand why a girl wants to play football, peers who might not think it's cool.

"Playing football is all about team work and learning to work together. It's not all about yourself," Buckman said. "It (football) builds you physically and emotionally and I will never forget the experience."

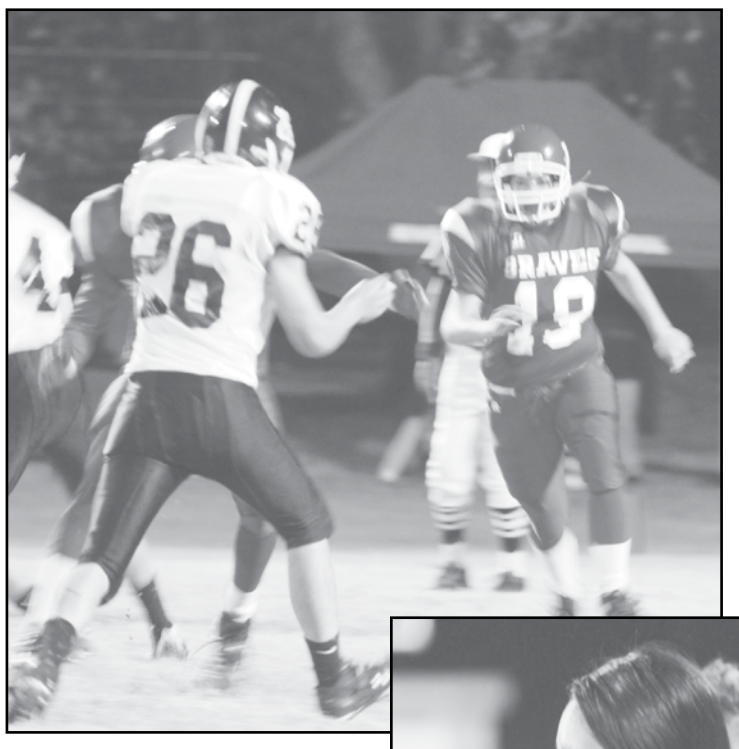
Sutteer said he was very proud of Rouillard and Buckman as well as the entire varsity football team for their accomplishments this year.

"I have been coaching 20 years and I have been at Riverside Indian School three years and Kayla is the first girl I have had to make it through a whole season. I have several come out and try it but when the hitting started, well, they couldn't do it, but what Kayla and Tori has accomplished this year is great," Sutteer said. "Last year Kayla was so shy and never talked. You could barely get her to say two words, but now she's open and talkative … she has blossomed and I can't wait to see Tori continue to grow next year in her senior year."

Both girls are members of the National Honor Society.

"Maintaining good grades is a requisite for being able to play football," Sutteer said. "But I think what the girls get out of being out here mostly is self-confidence."

Rouillard will graduate this year and has plans to attend Montana State University in Bozeman, Montana.



Kayla Rouillard, #19, runs toward Marlow player for the block.

Buckman has plans to continue with playing football next year in her senior year at Riverside Indian School.

"You never know until you try something if you can do it. You will never know the outcome of what you can do until you really try. Nothing is impossible so if you want to do something then do it," Rouillard said. "Don't ever limit yourself."

Tori Buckman watches from the sidelines as Marlow takes the lead.

Red Earth accepting applications for Silver Anniversary art market

OKLAHOMA CITY, OK – Red Earth, Inc is currently accepting applications from Native American artists for the Silver Anniversary Red Earth Native American Cultural Festival scheduled June 3-5, 2011 at the Cox Convention Center in downtown Oklahoma City.

The Red Earth Festival is considered the world's largest event of its kind, drawing thousands of art enthusiasts to a three-day weekend celebrating Native American visual art and dance. The Red Earth juried art market annually showcases more than 200 artists representing Native tribes and nations from throughout North America.

The event has been named a Top 100 Event in North America and is recipient of numerous awards and honors including "Outstanding Event" from the Oklahoma Tourism & Recreation Department and "Outstanding Cultural Tourism Event" from Central Oklahoma's Frontier Country Marketing Association.

The juried art competition features works in five categories including Cultural Items, Clothing and Textiles; Painting, Drawings, Graphics and Photography; Sculpture; Jewelry; and Pottery. Each category is divided into subdivisions.

Seminole painter Gary Montgomery from Shawnee, OK received the 2010 Red Earth Grand Award for Best of Show with his oil on canvas painting entitled "Eagle Dog." Gordon Tonips, a Comanche sculptor from Forth Worth, TX, was recipient of the 2010 Red Earth President's Award for a piece he called "Square Tower House," and Anita Caldwell Jackson, an Echota Cherokee painter from McAlester, OK received the 2010 Red Earth Kathleen Everett Upshaw Award for her mixed media painting entitled "Peyote Pony."

Applicants must be able to provide documents of proof of membership in a federally or state-recognized tribal entity or documents of proof of certification as Indian Artisans by an Indian tribe. Applications can be downloaded from www.redearth.org or obtained by calling (405) 427-5228.

For more than 30 years, the 501 (c) 3 non-profit Red Earth, Inc has been dedicated to its mission to promote the rich traditions of American Indian arts and cultures through education, a premier festival, museum and fine art markets.

The organization is recognized as the region's premier organization for advancing the understanding and continuation of Native American traditional and contemporary culture and arts. The Red Earth Museum & Gallery, located in downtown Oklahoma City, presents a diverse and changing exhibition schedule and is custodian of a permanent collection of more than 1,400 items of fine art, pottery, basketry, textiles and beadwork – including the Deupree Cradleboard Collection, one of the finest individual collections of its kind in North America.

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NOTICE-DIABETES WELLNESS

The Cheyenne and Arapaho tribes' Diabetes Wellness Program will be sponsoring ten individuals to attend the 2010 Native American Diabetes Conference and Health Fair on Saturday, Nov. 13, 2010 at the Cox Convention Center in Oklahoma City.

For more information please call (405) 422-7458.

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Roadmap

continued from page 1

Photo by Rebecka Lyman

Carolyn Washee-Freeland, representative for the Cheyenne and Arapaho tribes, goes over the planning and strategies of the CEDS grant.

"We are maybe 50 percent done going through the project," Freeland said. "I will present a brief overview of the project with what we have accomplished so far."

On a large screen Freeland stepped through each project starting with a new daycare facility in Canton, Okla. Next was the National Park Service's project to upgrade and improve trails at the main Tribal Complex located in Concho, Okla. She said the wind energy project is underway and site planning for the new Hammon casino, truck stop and new stores are also in the planning stages that will be located in Elk City, Okla.

"I know that this is something that will benefit our tribe in the long run ... to have these different strategic plans in place I feel like will help us move forward in an organized fashion," Boswell said.

A survey was taken from tribal members who attended the community meetings that were held through out the month of August 2010. From the surveys tribal members voiced what they would like to see happen within the tribes. More jobs, job training, more housing, truck stop, wind farm and a correctional facility were a few of the things tribal members listed as being important for their different communities.

"We have to use what Maheo gave to us, part of that is the land resources," Boswell said, after speaking about the wind energy conference she attended with Melvin RomanNose and Ramona Tall Bear. Gov. Boswell expressed excitement about the wind energy project and said she is looking forward to other upcoming meetings for projects that are in the planning stages.

Gov. Boswell will hold another Economic Development Symposium on Nov. 16, 2010 in Clinton, Okla. For further information you may contact the Cheyenne and Arapaho tribes' Planning and Development office at (405) 422-7620.

EATING *well for* DIABETES

By Lyndsay Seawright, MA, C&A
C&A Diabetes Wellness Program

Preparing Yourself and Your Pantry for the Holidays

Ready or not, the holiday season is just around the corner. Before we know it, it will be time to prepare the Thanksgiving turkey and Christmas confections. As we all know, the delicious holiday meals, as well as the stress of the season, can pack on unwanted pounds. Luckily, there are some great ways to ready your kitchen and yourself for the holidays ahead.

Everyone has their favorite "go to" holiday recipe that probably contains a boatload of butter, sugar and other calorie-laden ingredients. However, there are some pantry staples that can help get you through the holiday season and spare you a couple of notches on your belt loop. Spices, such as cinnamon, nutmeg and ginger provide fantastic flavor and do not contain calories. Applesauce or prune puree can be added to recipes to take the place of sugar; rest assured the outcome will remain sweet and moist! Sugar substitutes, such as Splenda, also provide the sweetness we crave in holiday recipes without the large amount of calories. Moreover, in an effort to use more healthful ingredients in holiday breads and baked goods, try using whole wheat flour instead of regular flour. The product will be just as delicious and you end up with an increased amount of fiber. Finally, yogurt based spreads are a great alternative for butter and can be found in most grocery stores.

We all know the feeling of being stuffed after Thanksgiving or Christmas dinner. In order to avoid this, there are a few things you can do. First of all, consider using dessert sized plates for your meal instead of dinner plates. You will not be able to put as much food on the smaller plate, and therefore, are likely to not over consume. Also, if you are hosting a holiday meal, send the leftovers home with your friends and family. This will ensure that you will not be tempted to over indulge on holiday delights.

Stress is a major factor in holiday weight gain. It can lead to "stress eating", fatigue and lack of sleep; all of which take away from the enjoyment of the holiday season. Now that your pantry is prepared for holiday meals, think of ways to add in physical activity to help fight stress. For example, instead of circling the mall parking lot for a good spot to park during holiday shopping, choose a spot further away. This will ensure you get in some extra steps and shed a few extra calories. Furthermore, instead of lying on the sofa to watch football after your Thanksgiving feast, gather family members and take a walk outside or start your own football game in the backyard. This will allow you to enjoy some beautiful autumn weather with family while helping your delicious meal to digest more efficiently.

For any questions or concerns regarding nutrition, weight management or diabetes call (405) 422-7688.

COMMUNITY MEETINGS FOR Tribal Program Information
NOVEMBER 2010
Meal Provided

ALL MEETINGS BEGIN AT 7 p.m. - SUPPER SERVED AT 6 p.m.

Tuesday, Nov. 2, 2010	
Oklahoma City Community	Nazarene Church, NW Penn & 10th St.
Thursday, Nov. 4, 2010	
Concho/El Reno/Kingfisher Communities	Concho Community Hall
Tuesday, Nov. 9, 2010	
Watonga/Canton/Longdale Communities	Watonga Multi-Purpose Building

Raisin-Nut Baked Apples

Baked in the microwave, these apples are healthy and quick!

Ingredients
6 medium Rome or Golden Delicious apples
6 tablespoons chopped walnuts
6 tablespoons raisins
1/4 cup honey
1-1/2 teaspoons ground cinnamon

Directions
Core apples; place in a greased 11-in. x 7-in. microwave-safe dish. Fill the center of each apple with walnuts and raisins. Drizzle with honey; sprinkle with cinnamon. Microwave, uncovered, on high for 4-1/2 minutes or until apples are tender. Yield: 6 servings.

Note: This recipe was tested in a 1,100-watt microwave.

Nutrition Facts: 1 serving (1 each) equals 200 calories, 5 g fat (trace saturated fat), 0 cholesterol, 2 mg sodium, 41 g carbohydrate, 5 g fiber, 3 g protein.

Cooking with USDA Foods

Recipes furnished by the
Cheyenne & Arapaho Food Distribution Program

Events CALENDAR

The Drum Awards-Recognizing Native American Excellence

7 p.m., Monday, Nov. 1, 2010 at the Choctaw Casino Resort in Durant, Okla. For table reservations contact drum.awards@cnent.com or for more information visit TheDrumAwards.com or call Lana Sleeper at (580) 924-8280 ext. 2388.

Tribal Program Information Community Meetings

Supper at 6 p.m. Meetings start at 7 p.m. Nov. 2, 2010 at the Nazarene Church, N.W. Penn and 10th Street in Oklahoma City, Nov. 4, 2010 at the Concho Community Building in Concho, Okla. and Nov. 9, 2010 at the Watonga Multi-Purpose Building in Watonga, Okla. For more information call (405) 422-7825.

Anadarko 2010 Convention-Destined to Reign

Nov. 4-6, 2010. Thursday and Friday beginning at 7 p.m. Saturday from 2-7 p.m. Featuring Native American gospel groups from Oklahoma, Canada and Montana. Special guest appearance by Lt. Gov. Jari Askins. For more information call (405) 247-1055.

The El Reno Indian Fellowship UMC Benefit Dance

Gourd dance begins at 2 p.m. Supper served at 5:30 p.m. on Nov. 6, 2010. Vendors welcomed. For vendor information or dance information contact Micki Black at (405) 779-7176.

Wedding and Celebration Dance for Sahkona Moses Trout and Candi Miles

Ceremony begins at 4 p.m. with supper to follow on Saturday, Nov. 6, 2010 at the Hammon Community Hall in Hammon, Okla. Friend and relatives are invited to attend. Sponsored by grandfather, Moses Starr.

The 19th annual Austin Powwow

10 a.m.-10 p.m., Nov. 6, 2010 at the Toney Burger Center, 3200 Jones Rd. in Sunset Valley, Texas. For more information and a list of Head Staff visit www.austinpowwow.org or email austin_powwow@yahoo.com.

Cheyenne and Arapaho Tribes' Honor and Remember Veterans-Past and Present

Starting at 7:30 a.m., Wednesday, Nov. 10, 2010 with a breakfast at Lucky Star Casino in Concho, Okla. 9:30 a.m., Gun Salute and Prayer at the Veteran's Memorial. Activities throughout the day. For more information contact Francine Worthington at (405) 422-7492.

Honoring All Veterans Gourd Dance-Hosted by Sac and Fox Nation Honor Guard

Starting at 1 p.m., Nov. 11, 2010 at the Sac and Fox Nation Community Building in Stroud, Okla. For more information contact Curtis Wakolee at (405) 395-0330 or Wilson Harjo at (918) 968-3526.

B-52's Concert-Lucky Star Casino-Concho

Doors open at 7 p.m., concert begins at 8 p.m., Nov. 12, 2010 at the Lucky Star Casino in Concho, Okla. For tickets visit www.ticketstorm.com or call (866) 966-1777.

Enid Intertribal Native American Week Gourd Dance

2 p.m., Nov. 13, 2010 at the Hoover Building-Garfield County Fairgrounds in Enid, Okla. Supper at 5:30 p.m., please bring a dish and chairs. Arts and crafts welcome. For more information contact Marie Childs at (580) 402-4914.

The 14th annual Veterans Day powwow

Starting 1 p.m. Grand entry at 7 p.m., Saturday, Nov. 13, 2010 at the Heart of Oklahoma Exposition Building in Shawnee, Okla. For more information contact Gene Parker at (405) 613-1139.

The 1st annual All Nations AA Rally and Powwow

Nov. 12-13, 2010 at Quartz Mountain Resort in Lonewolf, Okla. For hotel reservations call (580) 563-2424 or (877) 999-5567. Registration is $20. For more information contact Caron Y. at wayway97@yahoo.com or Lyn B at goldie01@sbcglobal.net.

The Cheyenne and Arapaho Tribes Tribal Council Meeting-Continued from Oct. 2, 2010

Lunch served at 12 p.m.-meeting begins at 1 p.m., Saturday, Nov. 13, 2010 at the Concho Community Center in Concho, Okla.

Benefit Gourd Dance for Native American Warriors Society

Nov. 13, 2010 at the Central High School, 3101 W. Edison in Tulsa, Okla. For more information call Yvonne or Dwayne Cahwee at (918) 946-8024.

The eighth annual Cheyenne and Arapaho Tribes' Diabetes Wellness Conference

Nov. 19, 2010 at the Concho Community Center in Concho, Okla. For more information call (405) 422-7458.

BRIEFS

Role of the Recording Secretary Within Tribal Organizations

Nov. 11-12, 2010 in Anchorage, Alaska. For more information or to register visit www.falmouthinstitute.com.

Taking Control of Your Diabetes Conference and Health Fair

Nov. 13, 2010 at the Cox Convention Center in Oklahoma City, Okla. For more information or to regisiter visit www.tcoyd.org.

The National Congress of American Indians 67th annual Convention and Trade Show

Nov. 14-19, 2010 at the Albuquerque Convention Center in Albuquerque, N.M. For more information or to register visit www.ncai.org.

The 2010 North American Indian AIDS Summit

Nov. 15-17, 2010 at the Rochester Riverside Convention Center in Rochester, N.Y. For more information call (585) 413-1817.

The 2010 Global Gaming Expo-What's Next for Tribal Gaming

Nov. 16-18, 2010 at the Las Vegas Convention Center in Las Vegas, Nev. Register at www.globalgamingexpo.com.

The sixth World Conference on the Promotion of Mental Health and Prevention of Mental and Behavioral Disorders

Nov. 17-19, 2010 in Washington, D.C. For more information or to register visit wmhconf2010.hhd.org.

National American Indian Housing Council-Hands on Maintenance for Tribal Housing

Nov. 30-Dec. 3, 2010 at the Grand Hotel in Clearwater, Fla. For more information visit www.regonline.com.

Native American Health Care Conference

Dec. 2-3, 2010 at the Agua Caliente Casino and Resort in Rancho Mirage, Calif. For more information or to register visit www.nativenationevents.org.

The 2010 Internal Audit Training

Dec. 6-10, 2010 at the Little Creek Casino in Shelton, Wash. For more information or to register visit www. indiangaming.org.

The 12th annual Women's Leadership Conference

Dec. 7-8, 2010 at the Clarion Hotel and Casino in Las Vegas, Nev. For more information or to register visit www.dciamerica.com.

The 2010 Tribal Employment Law and Legal Updates Conference

Dec. 8-10, 2010 at the New York-New York Hotel and Casino in Las Vegas, Nev. Fore more information call (253) 661-2155 or visitg www.ctertero.org.

The 12th annual Indian Nations Conference

Dec. 9-10, 2010 at the gua Caliente Reservation in Palm Springs, Calif. For more information or to register visit www.nativelegalupdate.com.

Tribal Elections-Ordinances and Procedures

Dec. 9-10, 2010 in Sacramento, Calif. For more information visit www.dciamerica.com.

A personal experience by editor Dan Shearer, Green Valley News & Sun

Reprinted with permission from Green Valley News & Sun, Arizona

My dad was career Army, but I think I've learned more about the military this month than ever. And I learned it from those who lived it.

A couple of weeks ago I wrote about David Doak, who flew a secret mission tied to the Japanese surrender in World War II.

On Wednesday, we met Tom Brandhuber, the Rural Metro fire chief who recently returned from a four-month deployment in Iraq with renewed appreciation for his country.

Then, sometime last week, Korean War veteran Marvin Garaway came through my door with a photo taken at the dedication of a monument at Camp Pendleton, Calif., earlier this month. And, like a lot of ex-military, he had a story to go with it. It's a story we all should be familiar with, but I'd bet few are.

Maybe that's why they call it the forgotten war. People just don't talk about it much.

The memorial is the first commemoration on a Marine Corps base of the battle at Chosin Reservoir, a defining and bloody 17-day fight that cost more than 2,500 American lives in 1950.

The United States hadn't even caught its breath after World War II when the North Koreans decided they wanted a bigger country and invaded the south on June 25, 1950.

The Americans, most of whom had spent just two weeks in boot camp, had an early victory at Inchon that crushed the North Korean army. But it was the Chinese entry into the war that really made things ugly.

Fast-forward to Nov. 27, when about 15,000 U.S. Marine and Army troops (the exact number isn't certain) found themselves surrounded by more than 100,000 Chinese (that number bounces around, too).

Garaway, who was a teletype operator and cryptographer, remembers the evening well. He was on duty in the HQ tent at Chosin Reservoir when they heard the bugles, bells and "anything they could think of to make noise" as the Chinese came knocking at the door with shells and bullets.

He immediately had to contend with one of the biggest cruelties the battle would serve up: Bone-cracking cold. Garaway remembers temperatures of minus-35 degrees, with minus-65 wind chill. He grabbed his weapon, which was frozen solid. It would shoot but wouldn't eject the shells. So he'd fire and another soldier would use the butt of his rifle to knock loose the shell. On top of that minor inefficiency, two of the three machine guns at HQ froze, and the Chinese quickly overran the camp.

Garaway slipped under a jeep next to a dead man, and the Chinese came around stabbing bodies with bayonets. He said he remained calm and still as the bayonet slid into the man next to him and the soldier stepped toward Garaway.

"He was getting ready to poke me when he was called away," he said.

Unbelievable? Then you should hear some of the stories on "Chosin," an award-winning documentary just released. It was filmed by a couple of Iraq War vets who said they didn't see enough available about the Korean War. They interviewed 185 men who lived through the battle of Chosin Reservoir, and combined those with archive footage and photos.

After his narrow escape, Garaway joined thousands of others on a 78-mile trek to the ocean in what has been called a tactical retreat, though Marines don't like the word retreat. Fact is, it turned into more of a rout.

At every turn, the Americans faced fighting from the Chinese, and at every turn they fought back in some of the world's most rugged mountain terrain thick with ice.

"You couldn't stop walking," Garaway said. "If you stopped at any point in time your feet would turn to ice from the perspiration in your boots."

"We were all exhausted but it was all about survival."

Not long after, Garaway was hit in the shoulder and still carries that small piece of shrapnel in his body to this day. He made the last flight out of Hagaru-ri, a supply dump with a small air strip, and missed the final leg of the journey to the port of Hungnam.

There, they put more than 90,000 Korean refugees aboard a convoy of 193 ships. The port was then blown up, just hours before the Chinese rolled in on Christmas Day.

In the end, the U.S. casualties were high but the estimated losses to the Chinese were staggering: 40,000 deaths and thousands more wounded and hit with frostbite.

The battle led to 17 Medals of Honor and 70 Navy Crosses for American soldiers. It was one of the most decorated battles in U.S. history.

Garaway, who ended up with a Purple Heart, spent 10 years in the Marines then moved to Los Angeles. He and his wife moved to Green Valley in 2002.

You can tell he's proud to be one of The Chosin Few, but that shrapnel on his shoulder sits right next to the chip that's also firmly planted there.

"Anything about Korea is 'The Forgotten War' because we never got credit or recognized when we got back to the States."

"It's the first war we never won," he said of the conflict, which ended in a truce. "But we could have won it."

RWJF seeking Native American nursing scholars

Increasing the number of Native Americans in the nursing profession is a priority for the Robert Wood Johnson Foundation's "New Careers in Nursing" scholarship program. Through grants to nursing schools, the program provides scholarships for college graduates without nursing degrees if they are enrolled in accelerated baccalaureate and master's nursing programs.

"These are programs designed for persons who already hold a degree in a discipline other than nursing. Recipients are usually persons who have usually worked in the [health] field and want to do something different," Program Deputy Director Dr. Vernell DeWitty tells NAR. "With an accelerated degree, a recipient can become a nurse in 12 to 18 months."

This program, which RWJF runs in partnership with the American Association of Colleges of Nursing, is intended to address the current shortage of nurses, with a specific focus on increasing under-represented persons in the nursing profession, including Native Americans. Any accredited school may apply. Recipient schools are responsible for recruiting students.

Eligible colleges must offer an entry-level accelerated baccalaureate nursing program or master's nursing program for non-nursing college graduates; and must be accredited by a nursing accrediting agency recognized by the Education department. A school of nursing may apply for between five and 30 scholarships per year to be awarded to students from groups underrepresented in nursing or from disadvantaged backgrounds. A total of up to 400 scholarship awards will be made during this funding cycle under the RWJF Program Area of Human Capital.

"Native Americans are certainly under-represented in nursing, representing only 0.3% of the nursing workforce," says DeWitty. "We know how important it is to offer culturally appropriate care to patients. We want to have nurses who are representative of the overall population."

Since 2008, the RWJF program has supported 1,406 scholars with grants of $10,000 each. Thus far, 18 scholarships have gone to Native American nursing students. "We have not been as successful in recruiting Native American students as we have with other under-represented groups," says DeWitty. "It is a priority for the program."

There are 34 accredited public and private institutions in the program that provide higher education to Native Americans, DeWitty says. The New Careers in Nursing program has provided grants to colleges located in Indian areas such as Arizona, Oklahoma, New Mexico, South Dakota and Wyoming.

A student interested in the program may view a map at www.newcareersinnursing.org to find out which schools are awarding scholarships for this third round of applications. Other schools may be interested in making new applications, DeWitty adds.

So far no tribal colleges have applied, DeWitty says. RWJF has reached out to the American Indian Higher Education Consortium in an effort to expand Native American presence in the program. There is also a Native American nurse on the national advisory committee who is involved in the selection process.

There will be optional Informational Applicant Web Conferences on Nov. 9, 2010. Grants awardees will be announced May 2011.

President Obama signs Indian Veterans Housing Opportunity Act into law

New law will help Veterans access affordable housing

WASHINGTON-October 13, 2010-The National American Indian Housing Council (NAIHC), the only national Indian organization advocating solely on behalf of tribal housing issues, today thanks President Barack Obama for signing the Indian Veterans Housing Opportunity Act into law late last night. The Veterans' Act was passed in the Senate on September 29, 2010.

The Veterans' Act amends the Native American Housing Assistance and Self Determination Act (NAHASDA) to be consistent with the IRS Tax Code and other federal statutes and regulations by excluding income received by a veteran, or his or her family, for service-related disability, dependency, or indemnity from the definition of "income" under NAHASDA. The bill was originally introduced by Representative Ann Kirkpatrick (D-AZ) in the House and by Senator Ron Wyden (D-OR) and co-sponsored by Senator John Thune (R-SD) in the Senate.

"On behalf of the NAIHC Board of Directors and membership, I extend sincere gratitude to President Obama for signing the bill into law and recognizing that our native veterans deserve the opportunity for safe and affordable housing," said NAIHC Chairwoman Cheryl A. Causley. "I also want to thank Congress for its bi-partisan efforts to introduce and pass this legislation. It is with their leadership that this bill is able to help many veterans and their families."

The Navajo Housing Authority received concerns that veterans were ineligible for NAHASDA housing programs when they returned from military service. The Navajo Nation and the housing authority approached Rep. Kirkpatrick regarding a possible legislative fix, which started the bill's momentum.

"We have worked hard together to right this wrong. With our victory, more of America's heroes will be able to move into higher quality housing with their families, and communities across Indian Country will grow stronger," Rep. Kirkpatrick said in a news release. "However, enacting this law is just one of many steps we must take to help the tribes create new and better opportunities in Indian Country. I am committed to continuing my efforts on behalf of Native Americans, and I will keep fighting to make Congress work for them. Together, we can overcome the many obstacles we face and blaze a path to a brighter future."

The National American Indian Housing Council (NAIHC) was founded in 1974 as a 501(c)(3) corporation. NAIHC is the only national organization representing housing interests of Native people who reside in Indian communities, Alaska Native Villages and on native Hawaiian Home Lands.

PROGRAM PROFILE

Cheyenne & Arapaho Tribes
Equal Opportunity Training Services (E.O.T.S.)
P.O. Box 38
Concho, OK 73022
(405) 262-0345 Ext. 27490, (877) 499-6060
FAX (405) 262-7669

The Mission of the E.O.T.S. Department is to provide excellent services to Native Americans and help guide program participants to become self-sufficient.

The prime objective of the E.O.T.S. Department is to assist Native Americans Vocational Technical Training and/or Employment Assistance. The Cheyenne-Arapaho Tribes' E.O.T.S. Department provides such assistance through the following programs:

1) Job Placement & Training-AVT
2) Direct Employment Assistance-DEA
3) Tribal Employment Rights Office-TERO
4) Tribal Native Employment Works-NEW

Job Placement & Training Program (AVT) BIA-PUBLIC LAW 93-638 CONTRACT Reference: 25 CFR, Part 27

The Program provides grants to and other costs for Adult Indians in accredited approved public or private vocational training institutions with a two (2) year termination program, expect three (3) years for Registered Nurse Training. Includes grants for living, student-furnished tools or equipment and other related costs of vocational training leading a Certificate of Completion.

ELIGIBILITY REQUIREMENTS

Required documents that need to be submitted.

- Copy of Social Security Card
- Copy of C.D.I.B. (enrollment card)
- Birth Certificate & Drivers License
- Marriage License (if applicable)
- High School transcript or GED Certificate
- Completed Financial Needs Analysis (FNA)
- Letter of Admission from the school
- Physical/Medical Examination
- Military DD-214

Any enrolled member of a tribe, band, nation, colony or community, whose tribe is Federally recognized and who resides within the designated service area, is eligible to participate in the Adult Vocational Training.

Direct Employment Assistance (DEA) BIA-PUBLIC LAW 93-638CONTRACTReference: 25 CFR, Part 26

The DEA program provides assistance to people having attained employment on or off the reservation.

REQUIREMENTS FOR DEA

- Must be at least 18 years of age and live in the C-A Service Area.
- Must complete and submit the DEA application.
- Employment position must be full time or permanent.
- Must be of a federally recognized Indian Tribe (CDIB).
- Approval of financial assistance must be before the first full payroll check

TRIBAL EMPLOYMENT RIGHTS OFFICE TERO) FUNDED FROM THE U.S.DEPT.OF EQUAL EMPLOYMENT OPPORTUNITY COMMISSION

The purpose of the TERO Office is to enforce the Tribal Ordinance Number 5199002 which is present to require fair employment of Indians and to prevent employment discrimination. Applicants seeking employment are encouraged to contact the EOTS Department and should complete a "Jobs Skills Bank" employment application. Current job announcements are received daily and employment referrals are conducted each day.

NATIVE EMPLOYMENT WORKS PROGRAM (NEW)

The Cheyenne-Arapaho Tribes' Native Employment Works (NEW) Program is funded through the U.S. Department of Health & Human Services. The NEW Program provides training and employment services to Native Americans whose income criteria falls at the 100% poverty level guidelines. Participants may be able to receive supportive services such as eyeglasses, uniforms, car repair, supplies, driver's license fee and transportation costs. In order to receive assistance through the Native Employment Works Program, clients must complete a Native Employment Works Application, turn in required paperwork, and successfully complete an employment plan and interview with the program staff.

LUCKY STAR CASINO

Applicants seeking employment through any of the Lucky Star Casino's can fill out an application in the E.O.T.S office, Monday-Friday, 8 a.m.-4 p.m. Applications will be taken to the casino on Wednesday and Friday afternoons.

E.O.T.S. DEPARTMENT STAFF:

Francine Worthington
Director
fworthington@c-a-tribes.org

Holly Sheridan
Intake Specialist
hsheridan@c-a-tribes.org

Amy Mendoza
Administrative Assistant
amendoza@c-a-tribes.org

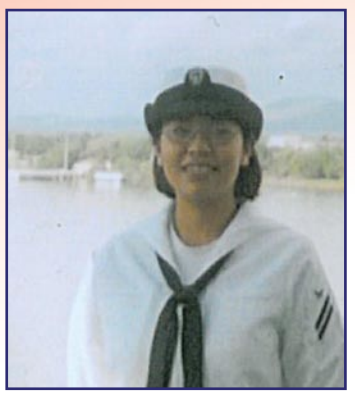
A Special Tribute

CHEYENNE & ARAPAHO VETERANS

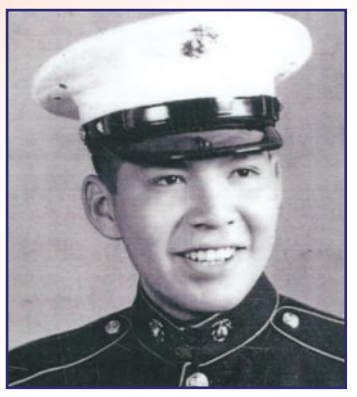
Compliments of the Cheyenne and Arapaho Tribal Tribune

Allen Redbird, Sr.
U.S. Army
Kingfisher, Okla.

Alton Lewis Harrison, Sr.
U.S. Marine Corp
Clinton, Okla.



Amaris Sweezy
U.S. Navy
Greenfield, Okla.



Arleigh Rhoads
U.S. Marines
Clinton, Okla.

Charles F. Haag
U.S. Navy
Calumet, Okla.

Clarence Tallbull
U.S. Navy
Kingfisher, Okla.

Curtis J. Levi
U.S. Army
Geary, Okla.

Cyrus Packer
U.S. Army Air Corp.
Clinton, Okla.

Donna Grace Hawk-West
U.S. Army
Norman, Okla.

Edward Krapcha
U.S. Army Reserve
El Reno, Okla.

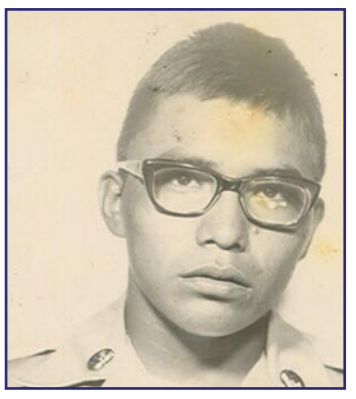
Fred Allrunner
U.S. Air Force
Thomas, Okla.

Freeman Hawk, Sr.
U.S. Navy
Hammon, Okla.

Harvey Pratt
U.S. Marines
El Reno, Okla.

Henry Limpy
U.S. Army
Seiling, Okla.

Herman Mickey Hawk
U.S. Army
Hammon, Okla.



John Albert Hawk
U.S. Army
Norman, Okla.

John C. Redbird
U.S. Marines
Kingfisher, Okla.

John W. Tall Bear
U.S. Marines
El Reno, Okla.

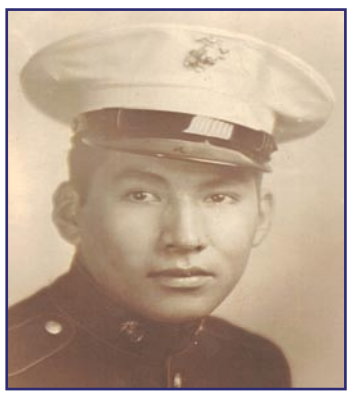
Lance V. Wells
U.S. Navy
El Reno, Okla.

Leslie Hawk
U.S. Army
Clinton, Okla.

Mark E. Two Babies
U.S. Army
Watonga, Okla.

Martin D. Goodblanket
U.S. Army/U.S. Navy
Clinton, Okla.

Michael Kodaseet
U.S. Army
Geary, Okla.



Murray Rhoads
U.S. Marines
Clinton, Okla.

Nelson Wolfchief, Jr.
U.S. Army
El Reno, Okla.

Nelson Wolfchief, Sr.
U.S. Air Force
El Reno, Okla.

Rollin Haag, Sr.
U.S. Navy
Calumet, Okla.

Sam Hart
U.S. Marines/U.S. Navy
El Reno, Okla.

Verna Rusheen Warden
U.S. Army
Clinton, Okla.

Virginia Lynn Hawk
U.S. Army
Norman, Okla.

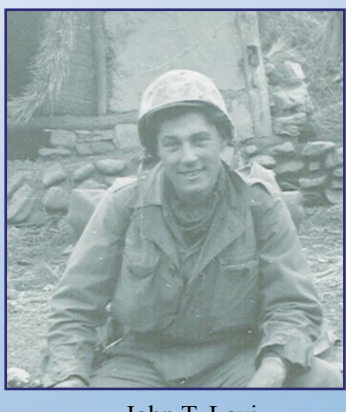
Damon Robert
White Thunder
U.S. Army
Ignacio, Colo.

Doug Milligan
U.S. Air Force
Clinton, Okla.

Gilbert Lamebull
U.S. Army
Kingfisher, Okla.

Hiram Howling Buffalo
U.S. Navy
Clinton, Okla.

John Lamebull, Sr.
U.S. Army
Kingfisher, Okla.

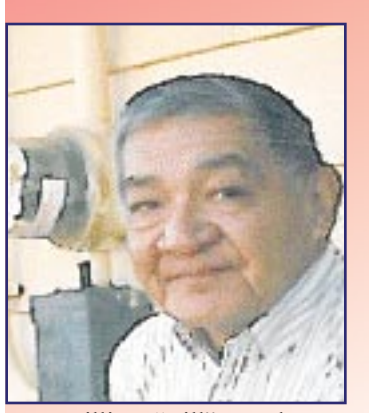


John T. Levi
U.S. Marines
Green Valley, Ariz.

A Special Tribute

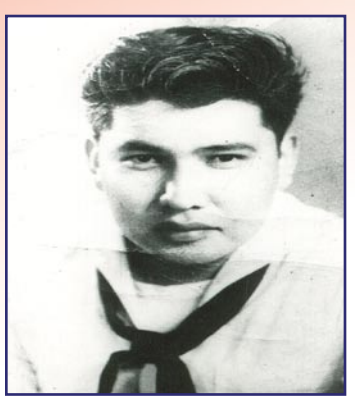
CHEYENNE & ARAPAHO VETERANS

Compliments of the Cheyenne and Arapaho Tribal Tribune



William “Bill” Lonebear
U.S. Army
Thomas, Okla.

Zachary Whiteshield Limpy
U.S. Army
Seiling, Okla.



Archie Anthony Blackowl
U.S. Navy
Oklahoma City, Okla.

Ardena Blackowl Rodriquez
U.S. Air Force
San Antonio, Texas

John D. Rodriquez
U.S. Navy
San Antonio, Texas

Robert M. Rodriquez
U.S. Navy
San Antonio, Texas

Armor David Brown
U.S. Army
Washington, D.C.

Barry Whiteman
U.S. Marines
Oklahoma City, Okla.

Bill Pratt
U.S. Navy
Carlton, Okla.

Bruce Whiteman, Sr.
U.S. Army
Seiling, Okla.

Carl Monroe (Keg) Nowlin
U.S. Army
Canton, Okla.

Clifton Ellis
U.S. Army
El Reno, Okla.

Dana D. Wilson
U.S. Marines
Ponca City, Okla.

Daniel Whiteman
U.S. Army
Seiling, Okla.

Eddie Henry
U.S. Army
Clinton, Okla.

Edward Curtis
U.S. Army
El Reno, Okla.

Edward P. Wilson
U.S. Army
Norman, Okla.

Eugene Blackbear III
U.S. Army
Watonga, Okla.

Frank Cometsevah
U.S. Navy
Clinton, Okla.

Frank Seger
U.S. Army
El Reno, Okla.

Frank Whiteman, Sr.
U.S. Air Force
El Reno, Okla.

Irene Whitetail-Mendivil
U.S. Air Force
Phoenix, Ariz.

James John (JJ) Black
U.S. Army
Watonga, Okla.

Jamie Plummer-White Rezendez
U.S. Air Force
Clinton, Okla.

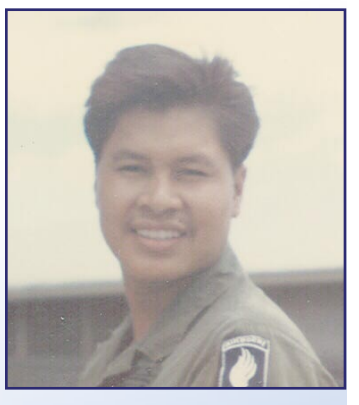
John T. Levi, Jr.
U.S. Army
Green Valley, Ariz.

Kenneth Chester Lumpmouth
U.S. Navy
Colony, Okla.

Marvin Wilson
U.S. Army
El Reno, Okla.

Michael Dean Hart
U.S. Marines
Phoenix, Ariz.

Sonja Anne Brown
U.S. Army
Eugene, Ore.



Angelo Sleeper, Sr.
U.S. Army
El Reno, Okla.

Thomas W. Nowlin
U.S. Air Force
Colony & Gracemont, Okla.

Melvin Whitebird
U.S. Marines
Kingfisher, Okla.

Melvin Whitehat
U.S. Army
Claremore, Okla.

Wilbur L. McKeegan
U.S. Air Force
Hallettsville, Texas

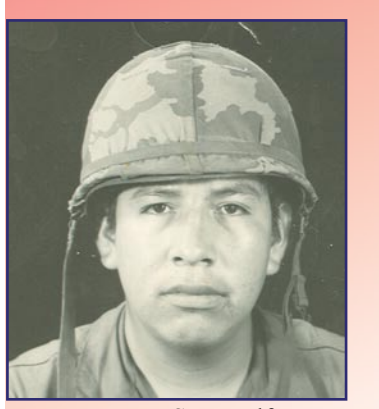
Adrian Cross
U.S. Army
Billings, MT

Virgil Franklin, Sr.
U.S. Navy
El Reno, Okla.

A Special Tribute

CHEYENNE & ARAPAHO VETERANS

Compliments of the Cheyenne and Arapaho Tribal Tribune



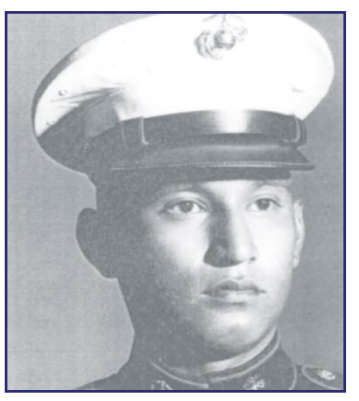
Kent Stonecalf
U.S. Army
Clinton, Okla.

Luis M. Desrosier
U.S. Army
Lawton, Okla.

Michael Hart
U.S. Marines
Phoenix, Ariz.

Nelson Sage
U.S. Army
Greenfield, Okla.

Ryan Rivers
U.S. Army
Watonga, Okla.



Sammy S. Lamebull
U.S. Marines
El Reno, Okla.

Sampson Lamebull
U.S. Army
Kingfisher, Okla.

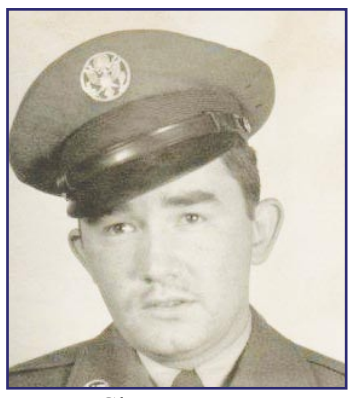
Tulane Wilson
U.S. Army
Foss, Okla.

Allen Redbird, Jr.
U.S. Marines
Kingfisher, Okla.

Don Blackwolf
U.S. Air Force
Anadarko, Okla.

Daniel Blackwolf
U.S. Navy
Watonga, Okla.

Robert E. Blackwolf
U.S. Army
Watonga, Okla.



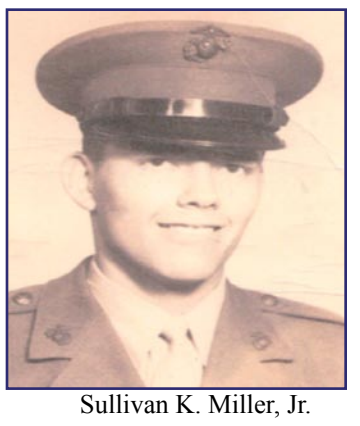
Gleyn McKeegan
U.S. Army
Bogata, Texas

Hershel Gorham
U.S. Army
El Reno, Okla.

Rayburne Washee
U.S. Army
Wichita, Kansas

Adam C. Bigmedicine
U.S. Marines
Oklahoma City, Okla.

Cincinnati Harjo
U.S. Army
El Reno, Okla.

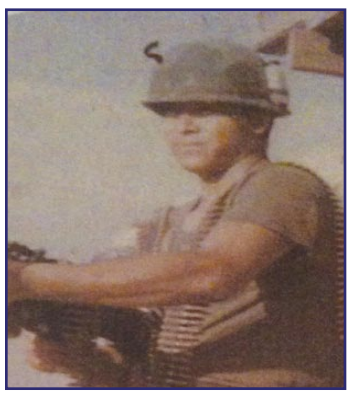


Sullivan K. Miller, Jr.
U.S. Marines
Midwest City, Okla.

Christopher L. Joseph
U.S. Marines
Oklahoma City, Okla.

Laird Whitebird Cometsevah
U.S. Air Force
Clinton, Okla.

Mitchell W. Sumpter
U.S. Navy
Clinton, Okla,



Luther Blackbear
White Eagle
U.S. Army
Kingfisher, Okla.

Joseph Fletcher
U.S. Air Force
Geary, Okla.

Carolyn L. Fletcher
U.S. Army
Clinton, Okla,

Clifton Bigmedicine
U.S. Army
Oklahoma City, Okla.

Jesus Whiteshirt Matanane
U.S. Army
McLoud, Okla.

Arianna D. Gould-Harris
U.S. Air Force
Canton, Okla.

Not Pictured:

Fred Stone
U.S. Army
El Reno, Okla

Alex Stone
U.S. Air Force
Portland, OR

Langburn Fisher, Jr.
U.S. Army
Hammon, Okla.

Donald Miles, Sr.
U.S. Marines
Hammon, Okla.

Bobby Dean Fisher
U.S. Army
Hammon, Okla.

Amos Chapman
U.S. Army
Seiling, Okla.

A Special Thank You to all our Military Veterans for protecting our freedom and rights.

CHEYENNE AND ARAPAHO TRIBES HONOR AND REMEMBER VETERANS PAST & PRESENT

WEDNESDAY, NOV. 10, 2010

7:30-9 A.M.	Breakfast for Veterans The Rez Restaurant Lucky Star Casino-Concho
9:30 A.M.	Gun Salute & Prayer at the Cheyenne & Arapaho tribes' Veteran's Memorial-Concho
10 A.M.	Veteran Honor & Remembrance Walk From Veteran's Memorial to Concho Community Building
12 NOON	Luncheon-Community Building
1 P.M.	Veteran's Memorial Songs & Gourd Dance-Concho Community Building

One man's story, elder and veteran Moses Starr

By Rosemary Stephens, Editor-in-Chief

Note: This story is a reprint from Nov. 2008 issue of the Cheyenne and Arapaho Tribal Tribune.

Moses Starr

Sitting back in the chair with his head slightly bowed he looks up and there are tears brimming in his eyes as memories from an earlier time and an earlier place flood to Moses Starr's mind.

"The hardest thing for me during our fight in Korea was leaving my dead comrades behind, we couldn't get them out and we just had to leave them," Starr said softly.

Starr is a Korean Ranger war veteran from the14th Airborne Ranger Company, U.S. Army.

Born in Concho, Okla. January 17, 1932 to Moses and Helen Starr, Starr's life would take him places never dreamt of.

Starr's grandfather, Alfred Heap-of-Birds was a Baptist preacher and an agent of the Bureau of Indian Affairs (BIA) married to his grandmother, Soar Woman, who raised him until her death.

"I never knew my grandfather, he died long before I was born, but I can see both of them in my mind, I have not forgotten either of them," Starr said.

Starr moved back with his parents after his grandmother's death and went through the ninth and tenth grades at Concho School in Concho, Okla.

During the 11th-grade, at the age of 18, Starr decided to enlist in the military.

"My motives weren't heroic or anything. I was getting into a lot of mischief and I thought the military would help me get straightened out," Starr said.

The year was 1950; Starr enlisted and was on his way to Fort Riley, Kan. for basic training. From there he was sent to Fort Benning, Ga. for airborne training and Starr found himself on his way to Fort Bragg, N.C. with the 82nd Airborne Division.

"One day I saw a poster asking for volunteers for the Rangers, so one evening a bunch of us was sitting in our barracks and decided we would apply," Starr said laughingly. "To apply you had to have a high school diploma or a GED and I didn't have either, but I applied anyway knowing I wouldn't make it."

Starr, with a look of amusement on his face recalls his company commander calling him into the office to inquire if he had, indeed applied for the Rangers. The company commander told Starr he didn't have to go if he really didn't want to.

"I was surprised, you know, because I didn't have a high school education or a GED but I told him I volunteered and they're asking me, so I'm going to do it," Starr said. "That's how I ended up with the Airborne Rangers going through their training school."

Starr's idea was he would be sent to Germany, where he wanted to be.

After training at Fort Benning, Ga., Starr was sent to Camp Carson in Colorado for more training.

Starr reminisced with mischief in his eyes, leaned back in his chair with one arm draped over the back, and started to chuckle.

"You know from Colorado they sent us out to Presidio, Calif. to learn how to jump off a ship and roll into PT boats and all that. My idea was I was still going to Germany, but I was getting further and further away from my idea that I had. They (U.S. Army) had different ideas," Starr said.

Before Starr knew it, he was sent to Fort Lewis, Wash., boarded a boat and sent out to sea to a waiting ship that would take him to Hawaii.

"When we got to Hawaii I was finally told where I was headed," Starr paused; a sadness fell over his face. "I was headed to Korea."

Starr was flown to Okinawa and then onto Japan where he was transported by plane to Korea. Flying overhead he was told to jump. Scared, nervous, and unsure Starr jumped from that plane into the area where the Marines were already fighting he said. The Rangers jobs were to keep the Koreans busy while the Marines took they're wounded out at the north side of the Chosin Reservoir.

"We stayed there for over 24 hours to give the Marines a 24 hour headstart. It was a touchy situation, but we had to do it," Starr said. "During the time we jumped we lost some men and then during the 24 hours we lost 17 more of them."

Starr looks into the empty air, silent.

"We had to leave them, we couldn't bring them out. I still believe as I did then that we were fighting the Chinese at that time because of their dress and how they had compared to the Koreans," Starr softly said.

Following these battles in 1950-51, the Airborne Rangers were dispersed because of a lack of volunteers and Starr became a member of the 187th Airborne Regimental Combat Unit.

The 187th Airborne Regimental Combat Unit was in charge of the stockade where they brought North Korean prisoners. Starr's unit would be relieved every 30 to 60 days so they could rejoin the fighting at the front lines.

"I received the Infantry Men Combat Badge for having over 30 continuous days on the front line fighting," Starr said. "So you can just imagine just how long that seemed, how long it really was."

After fighting on the front lines in the Korean War one year and three months, Starr was sent back to Presidio, Calif. and received an honorable discharge in 1954.

"The biggest accomplishment for me was I made it out alive, I made it back." Starr said.

Starr reflects for a moment and said the feelings he had during the Korean War was fear, at first. Starr was scared he was going to get shot or die and was careful about what he did.

After awhile a person gets braver thinking in the back of their mind if they are going to get killed then that's what they're here for, he said.

"Not completely brave enough where you want to get up and walk around, but you have to do what you have to do," Starr said. "For instance when we were guarding the prisoners we had to take them to the courthouse in Seoul, Korea and they had to go in front of the South Korean court and if found guilty they were brought out into the streets, put on their knees and shot. Those things hurt me to see. Human beings doing that to other human beings, but I knew they would do the same to us."

One of the greatest things Starr remembers of his time in the Airborne Rangers was the six other Native Americans that served in the Rangers. Out of the six Indians, three were Cheyenne.

One of the Native Americans to serve in the Rangers was named Thomas Hard Ground, who was the uncle of Marvin Wilson, Cheyenne and Arapaho Office of Veteran Affairs representative. Years later Wilson would meet Moses Starr and learn of his friendship with his uncle.

"Moses is definitely a dying breed," Wilson said. "He is humble, has a great sense of humor, he's quick to laugh, very generous, and when I grow up I want to be just like him."

Starr returned home in 1954 to Concho, Okla. to get married and raise a family.

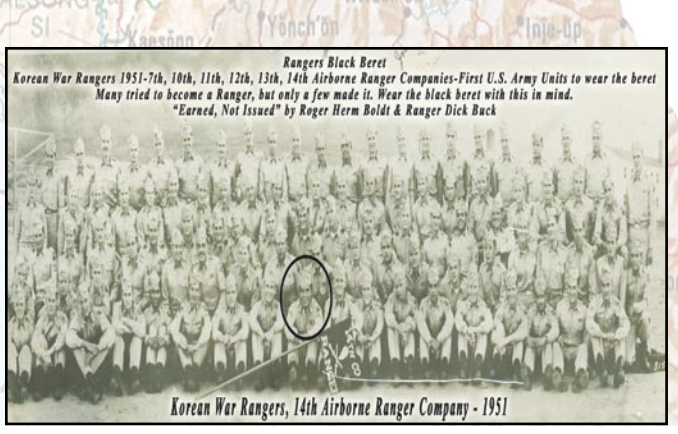
Starr eventually went to work with the Indian Rehabilitation Program to help incarcerated Indians to come back into society and was the chairman for the Cheyenne and Arapaho Economic Committee for six years.

"You know if I could say anything to young people today, it would be to get your education. I always wondered how far I could have gone if I had had some kind of education," Starr said. "I entered the military at 18 years old as a recruit and within ten months I went from recruit to private first class to corporal and to sergeant, all without a high school diploma or GED."

Starr reflected a minute and said his grandmother always told him he would leave his traditional ways that were taught him while he was young, but that someday he would return to them.

Starr learned Cheyenne hymns, ceremonial songs and ceremonial Sundance ways throughout his childhood but left it all behind when he joined the military.

"My grandmother was right. I did come back to my traditional ways and I have been very fortunate to have lived the life I have. I have been all over the world, been in movies and have seen and done things I never dreamed of. The Almighty has given me all the opportunities I have had and I will forever be grateful," Starr said. "Fighting in the Korean War was hard mentally and physically, but I am proud to be able to say, I served my country, proud to say I am a U.S. Veteran."


Rangers Black Beret
Korean War Rangers 1951-7th, 10th, 11th, 12th, 13th, 14th Airborne Ranger Companies-First U.S. Army Units to wear the beret
Many tried to become a Ranger, but only a few made it. Wear the black beret with this in mind.
"Earned, Not Issued" by Roger Herm Boldt & Ranger Dick Buck
Korean War Rangers, 14th Airborne Ranger Company - 1951

Letter from a Veteran and tribal member

On Sept. 15, 2010, I attended the dedication of a Memorial Monument at the U.S.M.C. Base, Camp Pendleton, Calif., Home of the 1st Marine Division, FMF., honoring those who fought in the battle of the Chosin Reservoir in North Korea near the Chinese border in 1950. In attendance was the Commandment of the Marine Corps, many Marine Generals, Korean War Veterans and survivors of the battle at the Chosin Reservoir.

As a survivor and member of the "Chosin Few", it was an honor and privilege to attend the ceremony.

We also had the privilege to attend Marine Recruit graduation ceremony of 500 and to witness their becoming U.S. Marines. The graduation ceremony, conduct and discipline of the young Marines was impressive. I also had a chance to visit with a Native American (Navajo) Marine Drill Sergeant who had been in the Corps for six years.

I am proud to have my name inscribed on the Cheyenne and Arapaho Veterans Memorial with so many honored Veterans.

My father, John Levi, Arapaho from Geary, Okla. was a star athlete and coach at Haskell Institute in Lawrence, Kansas in the 1920s and early 1930s.

Regards.
John T. Levi
Green Valley, Ariz.

Battle of the Chosin Reservoir Nov. 27-Dec. 24, 1950

On the east side of the mountains, U.N. troops advanced north to the Chosin (Changjin) Reservoir, some 78 miles of twisting narrow dirt road from the coastal city of Hungnam. There, about 30 miles below the Yalu River, the 1st U.S. Marine Division (Reinforced), two battalions of the U.S. Army's 7th Division and a force of British Royal Marine Commandos, comprising about 15,000 men of the Tenth Corps, were surrounded by 120,000 Chinese troops.

The CCF had isolated the trapped forces into four main groups and set up road blocks all along the road. The battle was fought in minus 30-degree weather beginning November 27, 1950, until the U.N. forces had fought their way through one road block after another, reaching Hungnam on December 11. The Marines continued to fight, as platoons were reduced to squads.

The tents used for sick bay were not nearly large enough to hold the wounded. The less critical were heaped outside in piles and covered with canvas and straw. Doctors and surgeons worked in a frenzy over the wounded. Blood plasma was frozen and could not be used. Surgeons and Navy hospital Corpsmen were burdened by having to wear gloves and the morphine syrettes could not be used unless held in their mouths.

As impossible as it may seem, the division managed to fight its way to the sea, bringing its dead, wounded and equipment. In this epic battle, the 15,000 allies suffered 12,000 casualties including more than 3,000 KIA, 6,000 WIA, plus thousands of severe frostbite cases, while the enemy sustained more than 45,000 casualties.

A total of 17 Medals of Honor, 70 Navy Crosses plus many Distinguished Service Crosses were awarded for the campaign, the most for a single battle in U.S. military history. Survival of the ground troops was due in great part to the gallant air strikes by the U.S. Navy, Marine and Air Force fliers under the most adverse weather conditions. By Dec. 24, the Tenth Corps was successfully evacuated to South Korea by the U.S. Navy and U.S. Air Force along with nearly 100,000 North Korean civilian refugees.

Happy Birthday

Happy 5th Birthday
Ariel Rose
We love you very much.
Love, momma, daddy,
grandma, Aiyauna and Trinity
Ariel is the daughter of Asa
"Trey" HowlingWolf, III
and Rosa Ramirez,
grandparents are Donna
HowlingWolf and the late Asa
HowlingWolf, Jr.
great grandparents are the
late Dorothy (Little Raven)
HowlingWolf and Asa
HowlingWolf Sr.

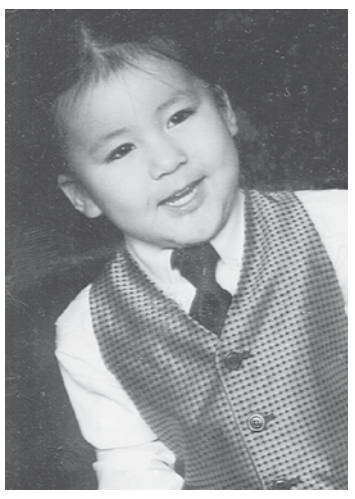
Happy 4th Birthday
Bradley boo-boo
We love you lots!
momma, daddy,
and your bubbies

Happy Birthday to our
granddaughter Maria Isabel!
On Nov. 9 she will
be 3 years old
I seen you in my dream before
you came into this world,
we became grandparents to a
beautiful little girl.
We pray and celebrate with
you on this special day
May father God bless you
in the Arapaho way!

In the blue sky, from high upon
a cloud your great-grandparents
smile down all so proud.
In your eyes and in
your beautiful smile
they can be seen.
Your great-grandparents
Freddie and Wilma Jean.
Before you came into this
world I seen you in my dream.
Love always
your grandparents,
Anthony "Elk dog" Sweezy
and Joann Gomez

Happy 2nd Birthday
Cordell Ellis
Nov. 8
We love you so much and pray
for you each day. Love, mom,
grandma Deborah, grandpa
Clifton, great-granny Ann,
great-grandpa Frank, Rebekah,
Junior, Elijah, Honey and Elvis.

Happy Birthday!!
Savannah Roque
From your friends and teachers
at Clinton Headstart



Happy 4th Birthday
Nov. 5
From the Blackbears, Ralph,
Senoria L., John, Henry,
Amanda and
Frances and your two sisters
We love you

Happy Birthday to our little
star, Evan Patrick Roman Nose,
November 11
We love you so much!
Mommy, Daddy, Rachelle,
Carter, and Eryn

Happy late 11th Birthday
Oct. 28
Wishing you luck
with your team.
From auntie Amanda, auntie
Frances, cousins, uncle Hank,
grandma Senoria, grandpa
Ralph, and your father John
We love you

Wishing our beautiful daughter
Rachelle Lynn Roman Nose a
Happy Birthday on Nov. 7
You will always be out little
girl. We are so proud and we
love you very much.
Love,
mom, dad, Evan, Carter, and
Eryn!

Happy Birthday!!
Cade A, Jefferey
From your friends and teachers
at Clinton Headstart

Happy Birthday Rebekah Ellis
Nov. 6
We love you and thank the
Lord for you.

Happy Belated Birthday
Georgia (Moore) McGee
From Kim, Timisha, Paris,
mommy,Chauncey, Gerald
and all your grandchildren

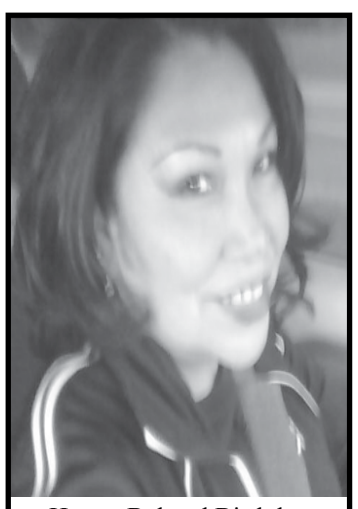
Happy 2nd Birthday
Wades in the Water g
Wolf!!
Love daddy, mama, Joz, Josie,
and Michaela

Kobe Whiteman Happy 9th
Birthday to you!!! Wish you
the best football season, don't
forget to do good in school.
Love all of us, Mom K-Lynn,
Elicia, Maisie, Jamie, Gramma,
Jennie, Gary, Christopher,
Rex, Leslie, Brandon, Bubba,
LaRenda, Victor, Raven, Sam,
and Rosco.

Happy Belated 11th Birthday
Soumaya Grace West
Aug.13
With love from mom and dad
and your new little brother
Henry!!!

Happy Belated Birthday
Grandpa Crazy Horse
Oct. 7
Thank you for doing what you
do for us.
Many more birthdays to come!
Much love always, Carlina,
Araceli, Marisol, Desi, Leah,
Will, Justin, Brandon, Sean,
Lydia, Rowdy and the rest of
your family.

Happy 8th Birthday
to my little cupcake
Kayelyn Chalepah
Watching you grow , explore
and learn new things
Is very special for me
You are a sweetheart.
I love you so much
From mommy
Plus, Michael Jackson would
be proud of you!



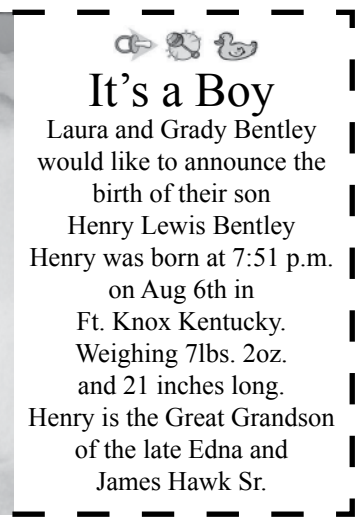
Happy Belated Birthday
Georgia (Moore) McGee
From Kim, Timisha, Paris,
mommy,Chauncey, Gerald
and all your grandchildren

Happy anniversary to
James and Jaime Reveles!
Oct. 1 We wish you many
many more!

Happy Birthday

uncle Mitchell Nov. 10
We all wish you a
Happy Birthday!
Love, Margaret, TM,
Blaine, Brandy, Baylee,
Tori, Mom, and Dad

Happy 2nd Birthday Linwood Morton, Jr.
November 4th Love your Oklahoma Family!



It's a Boy
Laura and Grady Bentley
would like to announce the
birth of their son
Henry Lewis Bentley
Henry was born at 7:51 p.m.
on Aug 6th in
Ft. Knox Kentucky.
Weighing 7lbs. 2oz.
and 21 inches long.
Henry is the Great Grandson
of the late Edna and
James Hawk Sr.

The Whiteshirt Matanane
family proudly
welcomes home
Jesus Whiteshirt Matanane
U.S. Army Reserves
Jesus was deployed Oct.
2009 to serve in Afghanistan.
He is a member of the
Southern Arapaho tribe. Jesus
is the son of Mrs. Salome
Whiteshirt Matanane and
Mr. Juan C. Matanane.
Jesus has six children. He has
lived in Oklahoma for most of
his life and now resides in Iowa
with his wife Mrs. Carmen
Matanane.

I want to wish my brother
Brandon and his wife Lezly a
blessed and happy marriage on
Nov. 13th. Both of your
emotional, caring, morale,
and having your support was
truly appreciated during my
hospitalization. I am as happy
and excited for your wedding
as a fry bread babe
on commod day!
From your brother Hector
Shawnee and the Shawnee
boys, Duane and the rest of our
famlies Shawnees, Charleys,
Kialgeer, Red Waters, Spirit
horses with nothing but love!
Arapaho!

It's a boy.
Deborah and Clifton Ellis
welcome Jarell Avant
Lowe to their family.
Jarell was born on
Oct. 5, 2010 at
Mercy Hospital in
El Reno, Okla.
The paternal
grandparents are
Stephanie Dawkins
of Lubbock TX
and Walter Lowe of
Oklahoma City, OK
and great grandparents
are Frank and Ann Seger
of El Reno, OK.

Happy Belated
Birthday

Goldy (Miyori Johnson)
We didn't forget you!
Love all your family and
friends

Lee and Theodosia Bond
would like to announce
the engagement of their
daughter Tedra Ronnell
Carpitcher to Jamie Starr
Savage
Tedra is also the daughter
of Ronnie C. Carpitcher Sr.
of Hollywood Fl.
Jamie is the son of Marilyn
Juan and Robert Savage of
Sells Ariz.

They currently are
employed by Lucky Star
Casino and plan to start
college in the spring.
Tedra will be majoring
in nursing and Jamie will
be playing basketball and
taking class to become a
carpenter.
They both graduated from
Sherman Indian High
School in May 2010.

"Grandma's cross country runners"
Benjah Joey and Heather Joe Big Medicine
I'm proud of the motivation, determination and endurance
the both of you have. Keep up the good work and may
God continue to bless and keep both of you safe.
Great job Heather Joe at the 2010 Watonga rat race
in the 1-mile run. Love grandma Pauline

Employment Opportunities

Submit tribal application, resume, diploma, transcripts, valid Oklahoma state driver's license, and CDIB to: Personnel Department P.O. Box 38 Concho, OK 73022 or e-mail: whaag @c-a-tribes.org

Caseworker IIM
Social Services
Closing Date: Until Filled

QUALIFICATIONS:

Prefer bachelors degree in social work or related field preferred; or an equivalent combination of education and experience. Require two years of experience in professional related field and supervisory experience. Work flexible hours and willing to work after normal business hours. Possess communication skills, written and oral, to relate to Indian and non-Indian communities, other agencies and the general public. Maintain a high level of confidentiality on all client matters and other matters protected by the Privacy Act as well as other confidentiality regulations. OSBI and criminal background check required and be adjudicated appropriately. Must possess a current Oklahoma driver's license to operate a government owned vehicle. Prefer knowledge of Cheyenne and Arapaho/Native American cultures and values. Work with difficult clientele with various social problems and/or needs. Cheyenne and Arapaho preference.

SALARY: Negotiable

Laborer
Economic Development
Closing Date: Continuous

QUALIFICATIONS:

Ability to accept immediate employment. Ability to lift a minimum of 75 lbs. Ability and knowledge to operate light weight equipment. Must be physically fit to withstand various types of manual labor. Prefer knowledge of landscaping- planting flowers and shrubs. Must have stable work history, be dependable and conscientious. Must have knowledge in performing general repair duties. Must have painting experience. Must submit to a background check. Must have high school diploma or GED. Must have current driver's license.

SALARY: Negotiable

Nutrition Aide
Seasonal
Closing Date:Until Filled

QUALIFICATIONS:

Knowledge of basic food preparation and sanitation. Ability to work independently with little or no supervision. Ability to communicate effectively with clients and community groups. Ability to write effectively and complete reports in a timely manner. Knowledge of basic computer software. Must be over 18 years of age. Must have high school diploma or equivalence. Must have a valid state driver's license. Prefer degree in a related field or equivalence of combined health and nutrition experience. Cheyenne and Arapaho preference.

SALARY: Negotiable

NOTICE TO:

Mr. Delwin Monroe Whiteshirt please pick up your divorce papers from the Cheyenne and Arapaho Tribal Courthouse as soon as possible.

For more information call (405) 422-7558.

Outreach Caseworker
Permanent/Part-time
Closing Date: Nov. 3, 2010

QUALIFICATIONS:

Must obtain FEMA National Incident Command system Complaint within six months of hire date. State issued driver's license required. Able to report during times of disasters. Must pass pre-hire drug screening.

SALARY: Negotiable

Fence Crew/Laborer
Economic Development
Closing Date:Continuous

QUALIFICATIONS:

Dependable, physically fit and able to lift a minimum of 75 lbs. or more. Knowledgeable in operating farm equipment. Willing to work until daily tasks are completed. Must be able to work on an on-call basis. High school diploma or GED required and valid Oklahoma driver's license.

SALARY: Negotiable

Higher Education
Coordinator/Data Analyst
Closing Date: Nov. 3, 2010

QUALIFICATIONS:

BA or BS degree in education or related field preferred. Ability to work with and understand the Native American Community Supervisory experience is required and must have knowledge and experience in educational programs. Professional level written/verbal communication skills a must. Applicant must possess knowledge of various computer software, electronic databases, media systems and the ability to utilize them in research and reporting. Travel required. Must pass drug and alcohol testing. Must possess valid driver's license.

SALARY: Negotiable

Home For Sale

3bd/2bth Brick Home with Carport.
1007 Savage St.
Hammon, Okla.
Call for more information
(970) 565-6239

Child Protection Worker
Social Services
Closing Date: Until Filled

QUALIFICATIONS:

General knowledge of the principles, concepts and methodologies of working with this type of population. Prefer bachelor's degree in related field that affords the employee with the general knowledge required above. Will accept a combination of education and related experience. Knowledge of various laws, regulations and procedures including the Indian Child Welfare Act and the CFR Court procedures in order to effectively provide services to clients. Knowledge of tribal and community resources to refer clients to the most appropriate source of assistance. Possess communication skills, written and oral, to relate to Indian and non-Indian communities, other agencies and the general public. Ability to maintain a high level of confidentiality on all client matters and other matters protected by the Privacy Act as well as other confidentiality regulations. OSBI and criminal background check required. Must possess a current Oklahoma driver's license to operate a government owned vehicle. Prefer knowledge of Cheyenne and Arapaho/Native American cultures and values. Ability to work with difficult clientele with various social problems and/or needs. Cheyenne and Arapaho tribal preference applies.

SALARY: Negotiable

Hinóno'eitíít
Arapaho language
"Word of the Day"

Purple-Heetehiibee'ee'
(Pronounced
Hah-tay-he-bah'aahj)

Assistant Director
R.E.Sp.E.C.T.
Closing Date: Until Filled

QUALIFICATIONS:

Must possess a high school diploma/GED; AA degree preferred or four years of work experience in related field or its equivalent; must be willing to further education (associates or bachelors degree); must receive and maintain CPR/First Aid Certifications; knowledgeable about the Cheyenne and Arapaho people, communities, traditions, culture and customs; possess a valid Oklahoma Driver's license; TERO applies (Cheyenne and Arapaho Tribal Preference); and must pass a background check.

SALARY: Negotiable

Receptionist
Education Department
Closing Date: Nov. 3, 2010

QUALIFICATIONS:

High school diploma or general education degree (GED) required. Some college hours preferred. Proficient in word processing and knowledge of general office ethics and procedures, use of spreadsheets (excel) and word. Ability to type at least 45 wpm. Computer literate. Must have valid state driver's license. Ability to comprehend simple instructions. Ability to effectively present information to the general public and employees of the organization. Ability to deal with problems involving several variables in standardized situations. The position requires the employee to sit for long periods of time. The employee must be able to lift and/or move up to 25 pounds.

SALARY: Negotiable

Notice: The Tribal Complex will be closed on Thurday, Nov. 11, 2010 in observance of Veteran's Day.

SWOSU
Southwestern Oklahoma State University

Southwestern Oklahoma State University/Cheyenne and Arapaho Tribal College

Instructional Television Technology Specialist Part-time (10 hours/week)-Anadarko Position 11-S020

Under limited supervision, coordinates and maintains ITV classrooms and other continuing education and distance learning equipment and software for minimum use of resources in a reliable manner. Coordinates with outside services for repair of equipment and works with faculty teaching from site, monitors tests, receives and passes out classroom material and sends students and teachers materials as necessary.

Computer technology major, experience in distance learning equipment, knowledge of or has worked for the Cheyenne and Arapaho tribes and has knowledge of or work experience

within the educational/ classroom environment preferred.

Instructional Television Technology Specialist Part-time (20 hours/week)-Clinton Position 11-S019

Under limited supervision, coordinates and maintains ITV classrooms and other continuing education and distance learning equipment and software for minimum use of resources in a reliable manner. Coordinates with outside services for repair of equipment and works with faculty teaching from site, monitors tests, receives and passes out classroom material and sends students and teachers materials as necessary.

Computer technology major, experience in distance learning equipment, knowledge of or has worked for the Cheyenne and Arapaho tribes and has knowledge of or work experience

within the educational/ classroom environment preferred.

Instructional Television Technology Specialist Part-time (20 hours/week)-El Reno Position 11-S023

Under limited supervision, coordinates and maintains ITV classrooms and other continuing education and distance learning equipment and software for minimum use of resources in a reliable manner. Coordinates with outside services for repair of equipment and works with faculty teaching from site, monitors tests, receives and passes out classroom material and sends students and teachers materials as necessary.

Computer technology major, experience in distance learning equipment, knowledge of or has worked for the Cheyenne and Arapaho tribes and has knowledge of or work experience

within the educational/ classroom environment preferred.

SALARY: Commensurate with existing salary structure.

Review of applications will begin immediately and will continue until position is filled.

APPLICATION PROCEDURE: Submit completed Application for Staff Employment to:

Office of Human Resources, SWOSU

100 Campus Drive, Weatherford, OK 73096 or fax application material to (580) 774-7110.

Application for Staff Employment is available at the Office of Human Resources, Administration Building, Room 101 or on-line at www.swosu.edu/resources/forms/hr/apps/hr-staffapp-new.doc. For additional information visit www.swosu.edu.

PUBLIC NOTICE-DEPARTMENT OF PER CAPITA

ADULT CHANGE OF ADDRESS W-9 MINOR CUSTODY AFFIDAVIT

Forms must be COMPLETE, NOTARIZED and RECEIVED in the Per Capita office by the ***DEADLINE DATE of Dec. 3, 2010***.

ALL FORMS ARE AVAILABLE:

In the Enrollment or Per Capita offices OR on the Website at www.c-a-tribes.org.

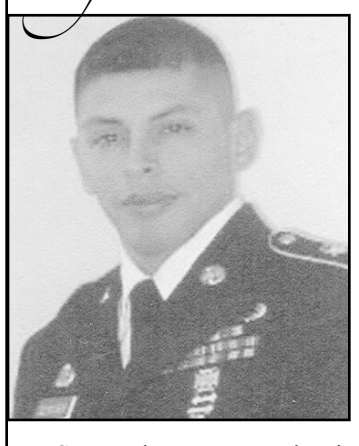
Tribal members may also call and request forms to be mailed to them. Contact Tonah Yarholar at (405) 422-7725 or by email at tyarholar@c-a-tribes.org or Sunny Wilson at (405) 422-7614 or by email at swilson@c-a-tribes.org.

Friends & Relatives are invited to a Wedding & Celebration Dance for Sahkona Moses Trout & Candi Miles

4 p.m.Saturday, Nov. 6, 2010
Hammon Community Hall
Hammon, Okla.

Sponsored by grandfather Moses Starr

Sgt. Luis M. Desrosier



Sgt. Luis M. Desrosier is an enrolled Cheyenne member and a Sandcreek decendent also a member of Wahnee-Connywerdy. He is the son of Greg and Darla Desrosier of Marion, IA. Grandson of Adrian and Theresa Connywerdy of Lawton, Okla.

Feeling the need to serve his country at a young age, he enlisted in U.S. Army National Guard as a private in 2002. After graduating from Marion High School in Marion, Iowa, he enlisted into the regular Army and went on active duty status in April 2004.

His first assignment was the Material Support Center Korea, Camp Carroll, South Korea. In June 2005 he was assigned to 3-2 ADA BN at Ft. Bliss in El Paso, Texas.

Upon returning to the states, Sgt. Desrosier was reassigned to Ft. Sill, Okla. where he is currently stationed.

His deployments include Southwest Asia and Egypt. His current deployment is Operation Enduring Freedom in Bahrain and UAE.

Sgt. Desrosier's awards include Army Achievement 9 OLC, Good Medal 2 CLPS, Global War on Terrorism Service Medal and Expeditionary Medal, Army Service Ribbon, National Defense Service Medal, Korean Defense Service Ribbon, Oversea Ribbon 3 Medal, the non-commissioned Officer Development Ribbon, Expert Marksmanship Badge and the Air Assault badge.

Sgt. Desrosier and his unit are to return from deployment June 1, 2011. We're asking for prayers for Sgt Luis M. Desrosier and his unit for their safety at their destination and prayers for their safe return and without harm when their deployment ends.

Department of Enrollment

ADDRESS CHANGES

As most tribal members may have personally experienced, there were some HUGE issues with incorrect addresses on the gaming revenue per capita checks. The Department of Enrollment would like to apologize for this problem and assure tribal members of our diligence in attempting to remedy what has become a colossal task.

For over two years, Per Capita has had absolute control of address changes for tribal members. Early in the year, the new analysts in Per Capita decided it would be fitting for Enrollment to have this same information. Oblivious to the task they were undertaking, Enrollment attempted to encode information from over 12,000 tribal members from Per Capita's database to that of our own. Unfortunately, not everyone was able to be updated and a report was generated from our database (with some addresses updated and others not). Enrollment is continuing to share information with Per Capita to ensure our respective program information corresponds with each other.

Until a way to centralize information is obtained, this will continue to be an issue when navigating from program to program at the tribe; but until then—please submit address changes for per cap payments with the Department of Enrollment. You can use the website to access the Change of Address form and W-9—both will be forwarded to Per Capita. Please feel free to visit our office for the forms, as well. Keep in mind this information might not be shared with other programs you may utilize. If you move, please inform all the programs you use at the tribe, including the Tribal Tribune so you can be kept informed of current events.

Photos by Rebecka Lyman

REO Speedwagon Head East

It was a dynamic duo performance by Head East and REO Speedwagon in Clinton, Okla. on Friday Oct. 22, 2010. High energy levels filled the tent as the crowd stood to their feet, ready to rock with the two bands.

Head East has brought more than three decades of rock to their fans. They currently perform 40 to 60 shows yearly throughout the country. They put on a high-energy show that is true to their original sound. Their set list included *Fly By Night Lady, Love Me Tonight, Raise A Little Hell, Jefftown Creek*, as well as the traditional blues favorite, *Stormy Monday*.

REO Speedwagon released their first album in 1971. The band started out in a rented Chevy station wagon traveling across America. They call themselves the working band. After a run of hit records and sold out tours, which began with the release of *Live, You Get What You Play For*, in 1977 and continued with the album *Hi Infidelity* in 1981 and culminating in 1985 with the number one single *Can't Fight This Feeling*.

In 1996 the band released its fourteenth studio album *Building The Bridge*. The CD has been embraced as one of REO's strongest ever by fans, including one very special resident of our nation's capital. Former President Clinton adopted the title song as his campaign theme and invited the band to perform along side him at various stops on the campaign trail and at his Inaugural ball.

CATC CORNER

By Clifford Stone, Jr.
Cheyenne and Arapaho Tribal College Student

I've always enjoyed irony in all aspects of life. So, as I strode anxiously into the Old Science Building on the campus of Southwestern and into the offices of the Cheyenne and Arapaho Tribal College the irony was not lost upon me that the University should house the Tribal College in the basement of the oldest building on campus. It's actually one of the oldest buildings in the state! SWOSU will soon celebrate the building's 100 year anniversary like a much loved and appreciated grandparent.

I must say I was a little upset at first, but began to smile, realizing it only fitting that the "Indian School" be the closest to Mother Earth and in a building that was constructed before Indians were even considered United States citizens. Now, is that not irony?

I am Cheyenne/Arapaho and Kiowa and admit I was nervous about what to expect as I entered through the old pane glass door with a few stained words proclaiming this is the CATC. I was relieved to see the large bulletin board with the latest graduating class and a few of the school's recent achievements. When I asked the admissions director, at the last tribal college I attended up north, if I could see their success stories she gave me a peculiar look as if it never occurred to her that this would be in the least bit helpful. They have a small peg board now with colored push-pins representing where their graduates are and a short bio of each graduate. I'll bet they had to paste on a little map of Oklahoma after I received my Associates in Native Studies this spring!

I am now enrolled, tuition and everything paid by the tribe, moved into the "stinky" dorms with a "stinky redneck" roommate. My ears, eyes, mind and heart are open for the knowledge I seek, the better to understand the ways of a changing world. Sometimes it feels like I'm moving underwater as I stroll from class to class among the hurried, frenzied society of I-pads or pods, cell phones, designer jeans, and mean looks. The "busy-bee society," nearly running me over never looking me in the eye, is easy enough to endure with the words of Geronimo as he spoke to the 1st student body enrolled at Carlisle Boarding School in the back of my mind, "You must learn the ways of the whites in order to defeat them." Still makes me smile.

November is Native American month and I am still learning about who I am and who we are. So, I was just wondering who named us Native Americans because I don't remember playing "Cowboys and Native Americans" when I was a kid. The University has offered us a glass case in the library to display our artwork, books, beadwork and other wares. I would just like for them to approach us and say thank you for becoming a part of our college and becoming an active voice for the people.

It's still the irony that makes me smile. Not four months ago I had no home, no school, and no idea of what the Creator had in store for me. I didn't think that a tiny, grandmotherly spirit would be the strongest, smartest, kindest man I would ever meet. Dr. Henrietta Mann, although as busy as any president of any institution anywhere, has her door always open for my classmates and me to visit or just say hello. She is an inspiration to us all and I am certain she also feels closer to Mother Earth than any director, secretary, student, or faculty member on campus.

It is this feeling of comfort and spirit of "Home" that gives me the strength to hold my head high as I stroll purposely alongside the Cowboy hats, facial piercings, Gucci purses and busy bees on MySpace and Facebook.

I stroll comfortable and confident up and down this hill, just as our ancestors did not 150 years ago. I give thanks to the Creator, Dr. Mann, Mrs. Wilcox, the SWOSU president, the Cheyenne and Arapaho Tribes, and to all our people come and gone. It is for you that we stroll confidently into a future rich with our present, pride and promise…

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Earn entries Nov. 1 - Nov. 25 with your Rewards Card at Concho and Clinton locations

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301 NW. Lake Rd. • Canton, OK 73724 • 580-886-2490 | 1407 S. Clarence Nash • Watonga, OK 73772 • 580-623-7333

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